

Code of Conduct for Students - RASA YOGA Teacher Training

Dear RASA Students

It is our honor to have you join the 200-hour RASA YOGA Teacher Training Course. May the journey be auspicious and transformative!

We will do our utmost to bring out your full potential as a yoga teacher. In order to maintain high standards not just within RASA YOGA but also within the wider Yoga teaching community, it is imperative that you reach a certain minimum standard.

If ever we feel that this is not the case, we will keep lines of communication open with you and discuss options for improvement and resolution.

All successful students will be registered on the RASA YOGA and Yoga Alliance databases of accredited teachers.

This is the Code of Conduct. It is a summation and declaration of acceptable, ethical and professional behavior by which all students agree to abide by during the teacher training course.

As a student of RASA YOGA Teacher Training, I agree to uphold the ethical goals set forth in the following Code of Conduct:

PRACTICAL

1. Treat all course property with respect.
2. Always follow the teacher training course Health & Safety rules.
3. Switch off or turn airplane mode on your mobile phone during training.
4. Always ASK permission before taking photos and never upload on social media or elsewhere online without permission from anyone in the photo beforehand.
5. Smoking is discouraged. If you need to smoke, please do so discreetly and out of sight of others who may be doing their best to quit.
6. Dress in a way that is comfortable, practical and respectful (no one wants to have to tell you that they can see all through your leggings!)
7. To the best of my abilities, I attempt to maintain a non-toxic lifestyle during the duration of the course

VERBAL & ACTION

1. Speak and behave respectfully towards others. Have your say and be honest and open but never aggressive or rude to others.
2. Keep open dialogue with and seek help from RASA YOGA faculty if ever confused, frustrated or lost
3. Act and speak with integrity. If you have any problems or issues with the faculty, you should approach them directly as opposed to discrediting, gossiping, slandering or otherwise speaking negatively of the RASA YOGA faculty.
4. Provide a full and honest disclosure within the Application Form and throughout the duration of the course of any disabilities, medical conditions and medications or injuries past or present that may affect your participation within the course or be of concern from a health and safety point of view.

PROFESSIONAL

1. Be Punctual and attend all tutorials and modules – unless your absence cannot be avoided or is agreed prior to this with me
2. Make sure all work produced for assignments and exams are your own work or it may not be accepted
3. Agree to complete and submit all coursework & assignments by the deadline & attend all modules and tutorials as set in the course curriculum
4. Always uphold the ethical standards of the yoga teachings that I have been given to maintain and promote the good name of yoga
5. Any photos or videos produced by RASA YOGA TTC may be distributed without limitations by any means and you will not receive any compensation for your participation. You also agree to the use of your name, likeness, portrait or pictures, voice and biographical material about you for educational and organizational promotional purposes
6. You further agree that your participation in the program confers upon you no rights to use, ownership or copyright
7. You release RASA YOGA, its employees, agents and assigns from all liability which may arise from any and / or all claims by you or any third party in connection with your participation in the course

RELATIONAL

1. Respect and uphold appropriate teacher-student relations and boundaries throughout the duration of the course. As with any teaching environment, be it school or university, no sexual relations between student and teacher.
2. Student-Student relationships are discouraged on the grounds that it can be distracting from your own transformative experience. If you find yourself attracted to a fellow student, you will postpone pursuing relations until after the course.
3. The process of yoga practice inevitably creates energetic shifts and can sometimes uproot any causes of instability within the mind-body complex. As such, in order for the course faculty to create a safe and supportive space for you and other students, you should let your teacher/ course supervisor/mentor know if you are experiencing any mental or emotional turmoil in your personal life that may create affects that may arise during the course.
4. Recognize appropriate level of boundaries when it comes to emotional support from the course faculty and other students. You should accept that your mentor/course supervisor/teacher/fellow student is not a therapist or counselor by professions and that their responsibility and remit to help in such circumstances is limited and restricted to the scope of your yoga practice.
5. You recognize your rights to student confidentiality will be respected but if in the extreme and unlikely case that you are deemed to require urgent or life threatening medical or psychological help, you should allow your course teachers/supervisors/mentors to seek professional help on your behalf.

I hereby certify that I have read and confirm

My agreement and adherence to the above code of conduct.

If I am found to be in breach of any of the above

 I accept that I MAY be removed from the course, lose my fees and / or accreditation or be liable to legal action.

Print Name:

Signed:

Date:

Signed by JC Rawady – Teacher & Tutor for this RASA YOGA TTC