

200 Hour Yoga Teacher Training

LAURA GREEN TRAINING & MENTORING LTD

200 HOUR DIPLOMA

POLICY DOCUMENTS

CODE OF CONDUCT



Code of Conduct

CODE OF EXCELLENCE

- To provide teacher trainees with an outstanding course of the highest standard that equips them with the knowledge, skill and confidence to excel as a Yoga Teacher.
- Students who enrol on this course must have a minimum of 2 years consistent yoga experience verified by a written reference from a qualified teacher. Students will need to be committed, focused, open minded and open hearted.
- This course is focused on teaching yoga in the community to a broad demographic of society and as such will offer tuition in Vinyasa Yoga, Restorative Yoga, Yin Yoga, Remedial Yoga and Chair Yoga.
- Students must consider themselves part of the overall Satsang, or group, and aim to be supportive and caring to fellow students.
- 100% of the course hours must be completed and verified by the course director, Laura Green, for successful graduation.
- This course will provide students with a brilliant opportunity for learning in an environment that prioritises hands on real world learning.
- A Teacher will never alter the historical or sacred teachings for their own personal agenda or beliefs
- You will teach by example, holding yourself to high standards of authenticity and training

As a Senior Yoga Teacher of Yoga Alliance Professionals and Yoga Elder with Independent Yoga Network, I agree to uphold the ethical goals set forth in the following Code of Practice:

- To provide the public with access to safe and effective yoga teachers
- To maintain and uphold the traditions of Hatha Yoga: to teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions
- To uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- To acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
- To create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- To encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
- To respect the rights, dignity, and privacy of all students.
- To avoid words and actions that constitute sexual harassment.
- To facilitate an independent observer to mentor, listen and allow any complaint to be voiced and discussed openly. (Privately if deemed so by the observer).
- Follow all local government and national laws that pertain to my yoga teaching and business.

Laura Green, Yoga Alliance Professionals SYT, Yoga Elder Independent Yoga Network