

Code of Ethics for Yoga

Yoga is a holistic and spiritual practice and philosophy. This Code of Ethics has been written based on the yamas and niyamas listed in Chapter 2, verses 29-45 of Patanjali's Yoga Sutra, which are stated as the values appropriate for someone rooted in yoga.

Whether teaching to a class or an individual, all teachers at Beinspired are encouraged to act within the principles of good, ethical practice as listed below.

1. Provide a safe environment where all users (i.e. students, teachers and other guests) can enjoy equality of opportunity and work without fear of discrimination or harm:

- Respect the right, dignity and worth of every person
- Act with honesty and integrity
- Consistently display high standards of behaviour
- Maintain clear sexual, physical and professional boundaries with students
- Ensure that any form of bullying, be it physical, emotional or mental, is not tolerated and is acted upon in a quick, supportive and fair manner
- Refrain from acting in any way that might bring yoga into disrepute

2. Ensure that the student is the teacher's first and paramount concern:

- Place the well-being and safety of the student above any other consideration
- Recognise that the relationship between student and teacher is one based on trust and as such ensure that there is an appropriate working relationship based on respect
- Respect the student's right to confidentiality
- Always ensure that consent is sought when working with student, particularly when physically touching a student
- Clarify with students at the outset exactly what is expected of them and what they are entitled to expect from the teacher
- Co-operate fully with other specialists (e.g. other teachers, doctors) in the best interests of the student
- Ensure activities are appropriate for the age, maturity, experience, culture and ability of the individual
- Encourage and guide students to accept responsibility for their own behaviour and practice

3. Personal responsibilities of the teachers:

- Hold up-to-date and appropriate teaching qualifications
- Maintain a personal reflective practice rooted in the principles set out in Patanjali's Yoga Sutra Chapter 2, verses 1-3
- Appreciate the limits of their own knowledge, skill or competence and ensure that where this is reached, they refer to another more experienced or appropriately qualified teacher or therapist

4. Teachers must comply with the law and any governance requirements set out by their professional bodies. In particular, they must:

- Maintain financial records
- Hold appropriate insurance cover
- Comply with the terms of the Data Protection (Bailiwick of Guernsey) Law 2017.

It is expected that teachers at Beinspired will adhere to this Code of Ethics.

Code of Ethics for Reiki

We try to align with the Code of Ethics of the UK Reiki Federation.

Please see their Reiki Federation's Code of Ethics here - www.reikifed.co.uk/reiki-regulation/code-of-ethics-and-professional-practice/