



Code of Conduct for Pilamaya Yoga Students

Welcome to the Pilamaya Yoga 220-hour Teacher Training Programme.

We hope you enjoy the course and find it useful and informative. In order to maintain high standards and ensure that we keep our good reputation, it is important that we all maintain certain community standards. Whenever we feel that this is not the case, we will talk to you personally and try to put things right. The assessment is on a continuous basis, and you will receive feedback on your progress. Students who do not meet the required standards will be asked to improve on the areas of weakness and demonstrate that they have done this before being issued a certificate of completion.

This Code of Conduct is a summation and declaration of acceptable, ethical, and professional behaviour that we expect students to adhere to.

As a Pilamaya Student you have been drawn to a vibration that gears its students up to teaching the heart-way and walking mindfully on this Earth. Finding your own unique style of yoga requires that you explore what works for you and what does not. As you do this, you will also explore who you are on the mat and where you end and your students begin. By honorably working through the universal code of morality and the ethical guidelines as set out by Patanjali coupled with therapeutic and particular concepts you will become more aware of the space you take up on and off the mat. It is vital that any person who trains in a discipline that engenders admiration in others becomes adept at managing that energy by re-empowering the other.

The Pilamaya standards that relate to interpersonal dynamics are very high. We expect you to leave this training with a clear understanding of your role as a heart-way teacher. As such we expect you to follow the code of conduct outlined below.

As a student of the Pilamaya Yoga 220-hour Teacher Training Programme, I agree to uphold the ethical goals set forth in the following Code of Conduct:

- *Come to my training with a beginner's mind.*
- *Understand that the programme has a flow and it is designed to get to the next version of myself.*
- *Work with what comes up for me as a result of the training and the group dynamic.*
- *Recognise the impact of my behaviours in the group setting.*
- *Take responsibility for my own process throughout the programme.*
- *Adhere to the programme as set out by the facilitators.*
- *Take part in the activities with an open mind.*

I agree to comply with the conditions and requirements as set out by the Pilamaya Teacher Training Course, I accept that failure to do so may result in my being asked to leave the course without a refund. I furthermore vow to uphold the standards of the teachings I have been give and to maintain and promote the good name of yoga at all times.

Course and starting date _____

Print Name _____

Signed _____ Date _____



Code of Conduct for Pilamaya Yoga Facilitators

As a Facilitator of the Pilamaya Yoga 220-hour Teacher Training Programme I agree to uphold the ethical goals set forth in the following Code of Conduct:

1. To ensure that safe and effective teaching is available to the public.
2. To maintain and uphold the traditions of yoga and indigenous practices. To teach such traditions authentically and from the experience of said traditions. To disseminate the teachings and make them relevant to anyone from any background who earnestly desires to teach yoga.
3. In accordance with the Pilamaya vision to find bridges between science and spirituality. To find the connections between cultures and peoples. To teach unity between people and connection to the Earth.
4. Uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
5. Acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
6. Create and maintain a safe, clean, and comfortable environment for the practice of yoga.
7. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
8. Respect the rights, dignity, and privacy of all students.
9. Avoid words and actions that constitute sexual harassment.
10. Follow all local government and national laws that pertain to my yoga teaching and business.

I agree to comply with the conditions and requirements as set out in the course curriculum, and accept that failure to do so will disqualify me from any accreditation.

I accept that failure to do so may lead to the annulment of any accreditation obtained from Pilamaya Yoga Teacher Training.

Course and starting date _____

Print Name _____

Signed _____ Date _____