

## Yoga4Soul Ethical Guidelines



be a positive soul model

### **Ethical guidelines:**

1. Treat everyone with compassion and kindness.
2. Dress like a professional teacher. That does not mean you must wear the latest yoga fashions. Keep your clothing clean, simple, and stay away from clothing that is provocative.
3. Cleanliness is next to Godliness therefore pay attention to your personal hygiene. Bathe, wear deodorant, freshen your breath, pull long hair away from your face, and keep your toenails short.
4. Do not bring food or “twist open” water bottles inside the yoga studio. Instead use bottles that have a sip top. This will keep crumbs out of the studio and minimize water spills.
5. Don't be an interrupter. Please wait until a teaching has been expressed before you call out any questions, judgments, and/or opinions. The teachers at Yoga4Soul suggest you raise your hand and wait to be called upon to speak. This way you are practicing polite manners and you don't confuse a teaching for your fellow classmates.