Kookaburra Yoga
YOGA IN HARMONY WITH NATURE

Kookaburra Yoga
Student and Staff Code of Conduct Policy

Introduction

Kookaburra Yoga is committed to fostering a safe, respectful, and inclusive environment for all students, staff, and visitors. This Code of Conduct outlines the expected behaviour and responsibilities of everyone within our community, ensuring the highest standards of integrity, professionalism, and respect in all interactions.

General Principles

- Treat all individuals with respect, kindness, and fairness, regardless of age, gender, race, cultural background, sexual orientation, or ability.
- Maintain a supportive and non-judgmental space that encourages personal growth and self-awareness.
- Conduct oneself with honesty and integrity, upholding the values of yoga both on and off the mat.

Student Code of Conduct

Respect for the Practice and the Space

- Arrive on time for classes and training sessions, and remain for the full duration.
- Refrain from disruptive behaviour, including excessive talking, phone use, or any actions that may disturb the practice of others.
- Maintain cleanliness and hygiene, including wearing clean, appropriate attire and ensuring personal hygiene.
- Respect the studio space by keeping it tidy and returning props after use.

Respect for Others

- Practise compassion and mindfulness in all interactions.

- Honour personal boundaries and obtain consent before offering physical adjustments or assistance to others.
- Avoid engaging in behaviour that could be considered harassment, discrimination, or bullying.
- Maintain confidentiality regarding personal matters shared by other students or teachers.

Responsibility and Safety

- Practise within your limits and inform the teacher of any injuries or medical conditions that may impact participation.
- Follow instructions given by teachers and respect their expertise.
- Use props and equipment safely and responsibly.
- Refrain from attending class under the influence of alcohol or drugs.

Staff Code of Conduct

Professionalism and Ethics

- Act as a role model by embodying the principles of yoga both in and outside the studio.
- Deliver teachings with integrity, authenticity, and in a manner that respects the philosophical and ethical roots of yoga.
- Maintain appropriate professional boundaries with students, ensuring relationships are based on mutual respect and trust.
- Avoid conflicts of interest that may compromise the wellbeing of students or the reputation of Kookaburra Yoga.

Respect for Students

- Honour and respect each student's unique journey and encourage self-exploration without coercion.
- Provide a physically and emotionally safe space for students to practise and grow.
- Offer adjustments and modifications only with informed consent and ensure any physical contact is appropriate and respectful.
- Maintain confidentiality regarding student information and personal matters.

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Responsibility and Safety

- Stay informed and up to date with best practices, including first aid training where relevant.
- Report any safety concerns, misconduct, or unethical behaviour to the appropriate personnel.
- Encourage a culture of feedback and open communication within the yoga community.

Breaches of the Code of Conduct

Any behaviour that does not align with this Code of Conduct may result in appropriate action, including verbal or written warnings, suspension, or exclusion from Kookaburra Yoga classes, trainings and events. Serious breaches may result in legal action where necessary.

Acknowledgement and Agreement

By attending classes, workshops, or working at Kookaburra Yoga, all individuals agree to adhere to this Code of Conduct, contributing to a positive and supportive environment for all.

Kookaburra Yoga Management