



Code of Conduct

The yoga I teach:

- * is based in the body and in assisting with our mental health practices
- * is rooted in the eight limbs of yoga: not fitness or weight loss
- * invites all bodies - inclusive of all ages, all shapes and skill levels
- * is designed to help you feel better
- * hopes to make you a lifelong yoga convert!

Let's set some expectations so you know what to expect in working with me!

I will arrive on-time and ready to instruct. I expect my students to arrive on time and ready to participate.

In my classes and space there is no place for racism, anti-Semitism, xenophobia, sexism, homophobia, transphobia, ableism, classism, ageism, slut-shaming, fatphobia, diet/weight loss discussion, or orthorexia.

I am vegan and ask that you do not bring non-vegan foods or products into my studio space. This should not be much of an issue since the only food or drink you should bring into practice, is water. (Whatever snack you have packed in your bag for later, is not my business!)

That said, when I host gatherings or gratitude potlucks they will be vegan. If you are not vegan, use this as an opportunity to deepen your craft of cooking!

No yoga practice is a substitute for care by a qualified practitioner, or as a substitute for professional mental health services.

By participating in my classes, groups, or one-on-one instruction you acknowledge you take responsibility for the care and maintenance of your body and mind.

If you have any questions about the above, I welcome them. You can ask or [email me directly](#).