



# Code of Conduct

My primary purpose is to create a clean, reliable, electric yoga space!

The instructions and activities at Little Switch Yoga:

- \* are rooted in the eight limbs of yoga: not weight loss
- \* invite all bodies - inclusive of all ages, all shapes and skill levels
- \* are designed to help us enjoy a higher quality of life
- \* hope to create a lifelong yoga practice

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

I will arrive on-time and ready to instruct. I expect my students to arrive on time and ready to participate. In other words: respect the instructor's time, as well as that of the other students. Yoga class almost always requires peace and quietude at the beginning of class, and late arrivals can be disruptive.

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 the practice space, is water.

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. Make sure you've satisfied these questions before enrolling for drop-in or as a member.