

COMMITMENT TO SAFE COMMUNITY

At the Space Yoga Institute of Health and Wellness, we firmly believe that healing and learning cannot take place within the structure of a hierarchy. As a participant in this program, you become a member of our *sangha* – or community – and you therefore hold certain responsibilities to others in the group. The practice of yoga has a transformative power that may bring up physical, emotional, psychological, or spiritual pains; you may find yourself crying without reason or experiencing a remarkable moment of lucidity. Together, it is our responsibility to **hold safe space** for each other and to validate whatever experiences may arise. Creating and holding safe space is essential to our mission at the Space Yoga Institute of Health and Wellness but also of utmost importance in this Adaptive Yoga Teacher Training, and we will therefore aim to operate from the following ground rules in this training and also whenever teaching:

- We will mind our own mats. In other words, we will validate each other's **and our own** experiences by refraining from all forms of judgment (physical, mental, or emotional).
- We will respect the space, time, and opinions of others in this program by being punctual and actively listening when others are speaking. We will remember that part of sharing is sharing time.
- We will respect the physical, emotional, and psychological boundaries of all participants by being kind and considerate in our thoughts, words, and actions. Specifically, we will not touch anyone without first asking and we will not cross-talk or cut others off during times of sharing.
- We will prepare ourselves to fully enter the discussion and practice through our own commitment to our personal *asana* practice, meditation, and completion of all reading and service requirements in a timely manner.
- This is not group therapy. We will honor each other and the purpose of this training by always remaining within our scope of practice. This training is not a substitution for any other form of physical, mental, or emotional therapy.