



Yoga Unwrapped©
Foundation Yoga Teacher Training:
200 Hours

Code of Conduct

Saltaire, Bradford, West Yorkshire

May - October 2025

Code of Conduct for Trainees & Graduate Teachers

I agree to uphold the ethical goals set forth in the following Code of Practice:

- To provide the public with access to safe and effective yoga teachers.
- To maintain and uphold the traditions of Hatha Yoga: to teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions.
- To uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- To acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
- To create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- To encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
- To respect the rights, dignity, and privacy of all students.
- To avoid words and actions that constitute sexual harassment.
- To facilitate an independent observer to mentor, listen and allow any complaint to be voiced and discussed openly. (Privately if deemed so by the observer).
- Follow all local government and national laws that pertain to my yoga teaching and business.
- To be dedicated to this practice and to seek out regular work experience opportunities and to attend workshops and courses which will develop my professional understanding of yoga and will enhance my teaching abilities. I understand that yoga teaching is a continuous journey and that I am always a student of this practice, which is one of the most beautiful and unique qualities of this tradition, we are always learning.
- To hold an up to date first aid certificate by the time of teaching this practice to members of the public.
- To be dedicated to my continuous journey of learning as a student & teacher, and responsible for attending workshops & courses, and seeking regular work experience opportunities which will all develop my professional understanding of yoga and will further enhance my teaching abilities of this tradition.

Student name & signature:

Date signed:

As a Senior Yoga Teacher of Yoga Alliance Professionals & Yoga Alliance US, I agree to uphold the ethical goals set forth in the following Code of Practice:

- To provide the public with access to safe and effective yoga teachers
- To maintain and uphold the traditions of Hatha Yoga: to teach yoga from the experience of these traditions and to disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions
- To uphold the integrity of my vocation by conducting myself in a professional and conscientious manner.
- To acknowledge the limitations of my skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction.
- To create and maintain a safe, clean, and comfortable environment for the practice of yoga.
- To encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
- To respect the rights, dignity, and privacy of all students.
- To avoid words and actions that constitute sexual harassment.
- To facilitate an independent observer to mentor, listen and allow any complaint to be voiced and discussed openly. (Privately if deemed so by the observer).
- Follow all local government and national laws that pertain to my yoga teaching and business.

Main trainer & signature:

Date signed: