

Code of ethics

My values

I aim to bring the philosophy of yoga into my work as well as my life. This means I will do my best to support students' on their yoga journey, whilst providing structure and boundaries. The terms and conditions on my website aim to give you clear, honest and fair information when making a purchase or booking. More information can be found here:

<http://www.melskinneryoga.com/values>

Value 1: Students' wellbeing and safety is paramount

- I will not impose postures or dogma onto anybody.
- I will always offer options in a class and encourage students to practice self-compassion and awareness.
- I will not offer adjustments unless I have full consent from the student. I will only offer an adjustment if I truly feel it will benefit the student.
- I will create a safe environment where people feel empowered over their own practice and what they do/don't do with their bodies, breath and mind.
- I will make myself open to feedback from students, and to respond to this feedback when appropriate.
- I will create a safe space for people of all backgrounds, religions, class and ethnicity to attend.
- I will keep the practice grounded by combining scientific knowledge with philosophical contemplation. I will share spiritual ideas as ones of creativity, surrender of egoic wil, and freedom of suffering, but I will ensure that students are clear these are IDEAS not fact.
- I will stay detached from students' stories to avoid contaminating the work. I will stay mindful of my own judgments about students: we are all doing our best.
- I will recognise my own limitations, and refer students' to doctors/therapists/other professionals when appropriate. I will encourage students to be responsible for their own practice.
- I will aim to behave in a consistent manner.

Value 2: Myself as yoga practitioner

- I will endeavour not to exhaust or deplete myself.
- I will recognise when I am sacrificing, as opposed to acting in service.

Value 3: Myself as business owner

- I will protect students' data and treat what they share with me as confidential.
- I will maintain good financial records, pay tax, and ensure I have appropriate insurance.
- I will commit to my own personal and professional development.
- I will recognise when to say "no" if saying yes would mean over-stretching myself, and diminishing the value of my wor.
- I will always offer concessions.