

# Chudography Yoga Teacher Training

## Professional Boundaries Policy

### Purpose

The purpose of this policy is to establish clear professional boundaries that promote safety, respect and trust throughout the Chudography Yoga Teacher Training. Maintaining appropriate boundaries supports a positive learning environment and prepares students for their future roles as professional yoga teachers.

### Chudography Principle

At Chudography, we believe that people learn best when they feel safe, respected and valued. Professional boundaries are not about creating distance, they are about creating clarity. They help build trust, encourage mutual respect and ensure that everyone can learn within a supportive and professional environment.

As future yoga teachers, developing healthy boundaries is an essential part of creating safe spaces where students feel comfortable, empowered and respected.

We also believe that great teachers empower others rather than create dependence. Our role is not to have all the answers or encourage students to teach exactly as we do. Instead, we aim to help each trainee develop confidence in their own judgement, their own voice and their own teaching style. Healthy professional boundaries encourage independence, self awareness and lifelong learning.

### What Are Professional Boundaries?

Professional boundaries are the limits that help define appropriate relationships between teachers and students.

They help ensure that relationships remain professional, ethical and focused on learning. Healthy boundaries protect both the student and the teacher and support an environment where everyone feels safe.

## 1. Expectations of Students

Students are expected to:

- 1.1. Treat tutors, guest teachers and fellow students with respect at all times.
- 1.2. Maintain appropriate professional relationships throughout the course.
- 1.3. Respect personal, physical and emotional boundaries.
- 1.4. Communicate honestly and respectfully.
- 1.5. Recognise that everyone has different comfort levels and experiences.
- 1.6. Accept feedback professionally and respectfully.
- 1.7. Raise concerns appropriately if they feel uncomfortable or uncertain.

## 2. Physical Contact

2.1. Physical contact may occasionally be used during practical learning activities, demonstrations or partner work.

2.2. Chudography believes that consent should always come before contact.

Students are expected to:

- 2.3. Always ask for consent before making physical contact.
- 2.4. Respect a person's decision to decline touch without question or judgement.
- 2.5. Understand that consent can be withdrawn at any time.
- 2.5. Offer alternatives where appropriate.
- 2.6. Students will never be expected to give or receive physical adjustments if they are uncomfortable doing so.

## 3. Confidentiality and Respect

3.1. Throughout the training, students may share personal reflections or learning experiences.

Students are expected to:

- 3.2. Respect the confidentiality of personal information shared within the group.
- 3.3. Avoid discussing another student's experiences outside of the training without their
- 3.4. permission.
- 3.5. Recognise that everyone has different life experiences and perspectives.
- 3.6. Listen without judgement or attempting to "fix" others.

## 4. Professional Communication

4.1. Students are expected to communicate professionally with tutors and fellow students.

This includes:

- 4.2. Being respectful in person and online.
- 4.3. Using appropriate language.
- 4.4. Raising concerns in a constructive manner.
- 4.5. Respecting appropriate times and methods of communication.

## 5. Social Media

5.1. Students should use discretion when sharing information about the course on social media.

5.2. Photographs, videos or personal information relating to tutors or fellow students must not be shared without their explicit consent.

5.3. Students should avoid any online behaviour that may damage the reputation of fellow students, tutors or Chudography.

## 6. Maintaining Professional Standards

6.1. Students should always work within the limits of their knowledge, experience and qualifications.

Throughout the course students are expected to:

- 6.2. Avoid presenting themselves as qualified yoga teachers before certification has been awarded.
- 6.3. Avoid offering advice beyond their level of training or competence.
- 6.4. Refer individuals to appropriate professionals where necessary.
- 6.5. Recognise when a situation falls outside the scope of yoga teaching.

## 7. Concerns About Professional Boundaries

7.1. If concerns arise regarding professional boundaries, students are encouraged to discuss them with the Course Director as soon as possible.

7.2. Concerns will be handled sensitively, fairly and confidentially wherever possible.

7.3. Where appropriate, support, guidance or an action plan may be implemented to help resolve the situation.

7.4. Serious or repeated breaches of professional boundaries may result in disciplinary action in accordance with the Code of Conduct and Fitness to Practise policies.

## Review

This policy will be reviewed annually to ensure it remains fair, transparent and aligned with the values of Chudography.