**IRON CITY BOULDERS YOGA COMMUNITY CODE OF CONDUCT**

Rooted in the Yamas and Niyamas, our community is committed to creating a space that is safe, welcoming, inclusive, and supportive for all. We encourage students and instructors alike to practice with kindness, self-awareness, respect, and personal responsibility.

COMMUNITY VALUES

1. AHIMSA — PRACTICE NON-HARMING

Treat everyone with kindness, respect, and compassion. Harassment, discrimination, intimidation, or behavior that compromises another person's physical or emotional safety will not be tolerated.

2. SATYA — PRACTICE TRUTHFULNESS

Communicate honestly about injuries, limitations, concerns, and needs. We encourage open and respectful communication within our community.

3. ASTEYA — RESPECT TIME, SPACE, AND ATTENTION

Please arrive 10-15 minutes prior to class whenever possible and be mindful of the shared experience. Respect others' space, belongings, and opportunity to practice without unnecessary distractions.

4. BRAHMACHARYA — PRACTICE MINDFUL BOUNDARIES

Honor personal space, consent, and appropriate interactions. We expect all members of our community to maintain healthy and respectful boundaries.

5. APARIGRAHA — SHARE GENEROUSLY

Use only the space and equipment you need and leave props and shared areas ready for the next person.

6. SHVARA PRANIDHANA — HONORING SPIRIT

Yoga can be physical, mental, emotional, and spiritual. We recognize that each student connects to the practice in their own way. Whether you come to move, breathe, reflect, build strength, find stillness, or simply be present, all approaches are welcome. We honor the roots of yoga while creating space for individual experience.

DURING CLASS

7. SAFETY, AWARENESS, AND PRESENCE

For the safety of all participants, students must be able to safely navigate the room, receive instruction, and remain aware of their surroundings.

Items or practices that significantly limit awareness, visibility, communication, or safe participation—including blindfolds, headphones, or other sensory obstructing devices are not permitted unless they are part of a specific instructor led activity.

8. SVADHYAYA & SANTOSHA — PRACTICE WITH AWARENESS AND ACCEPTANCE

Listen to your body and honor your experience. Resting, modifying, or choosing a different expression of a pose are all valued parts of the practice.

As we practice together, we also remain mindful of our impact on the shared space and strive to create an environment where everyone can benefit from the practice.

9. TECHNOLOGY & PHOTOGRAPHY

Please silence and put away phones during class. Photography, video, and audio recording require instructor approval and the consent of anyone who may be included.

10. SAUCHA — CARE FOR THE SPACE

Help maintain the cleanliness and organization of the studio. Return props after use and be mindful of strong scents or fragrances that may affect others.

<u>FOR STUDENTS</u>

11. HONOR YOUR PRACTICE

Yoga is not about perfection. Listen to your body, rest when needed, and choose variations that support your well-being.

12. PREGNANCY & PRENATAL PRACTICE

Pregnant students are encouraged to inform their instructor before class so that appropriate modifications can be offered. When available, we strongly encourage attendance in our Prenatal Yoga classes, taught by a certified prenatal yoga instructor and designed specifically to support pregnant bodies.

13. BE OPEN TO LEARNING

Yoga is a lifelong practice of self-study. We encourage curiosity, humility, silliness, and a willingness to explore both movement and mindfulness.

14. RESPECT THE COLLECTIVE EXPERIENCE

Every student contributes to the atmosphere of the room. We welcome individuality and personal expression while asking all students to participate in a way that supports a peaceful, safe, and welcoming environment for everyone.

<u>FOR INSTRUCTORS</u>

15. TEACH WITH CARE AND PREPARATION

Instructors are expected to arrive prepared, teach within their scope of practice, and create thoughtful, accessible class experiences.

16. FOSTER AN INCLUSIVE COMMUNITY

Every student deserves to feel welcome. Instructors are committed to cultivating an environment of respect for all identities, backgrounds, bodies, and experience levels.

17. RESPECT CONSENT AND BOUNDARIES

Physical assists and adjustments should always be based on clear consent and professional boundaries. Students should feel empowered to decline assists without explanation.

18. LEAD WITH COMPASSION AND RESPONSIBILITY

Instructors are responsible for maintaining a safe and supportive environment and will approach concerns with compassion, clarity, and respect.

## COMMUNITY CARE & ACCOUNTABILITY

19. COMMUNICATION AND CONNECTION

Questions, feedback, and respectful conversations help strengthen our community. We encourage members to communicate concerns directly with instructors or gym leadership.

20. CARING FOR THE INTEGRITY OF THE COMMUNITY

To protect the safety and well-being of students, instructors, and staff, studio leadership reserves the right to address behavior that is inconsistent with this Code of Conduct. Participation may be limited or revoked when necessary to preserve a safe, respectful, and supportive environment.

## OUR APPROACH

Come as you are. Practice in a way that supports your body and your experience. Respect the shared space and the people around you. That's the foundation of Iron City Boulders.