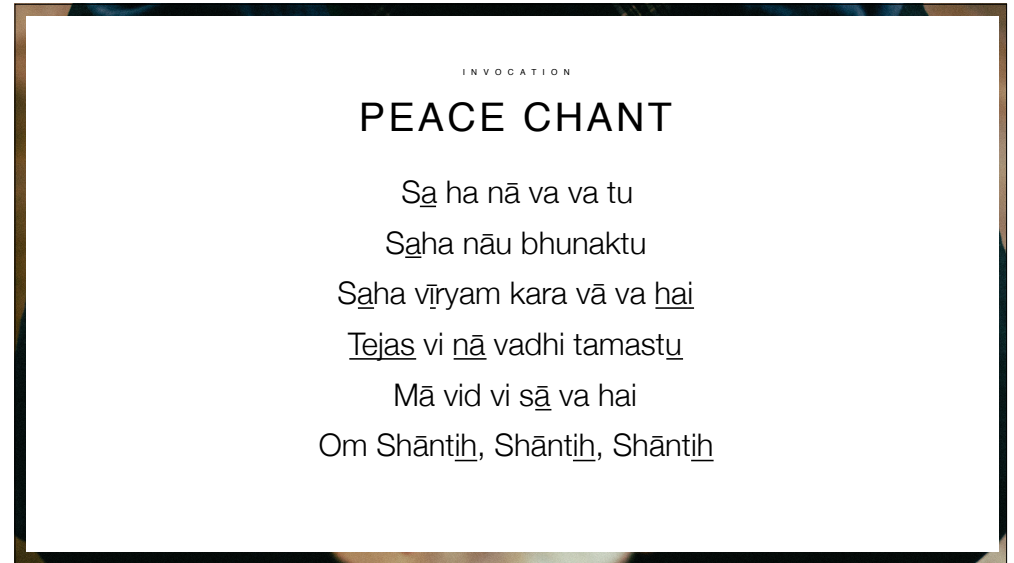


ETHICS

SACRED ROLE OF THE TEACHER

1



INVOCATION

PEACE CHANT

Sa ha nā va va tu

Saha nāu bhunaktu

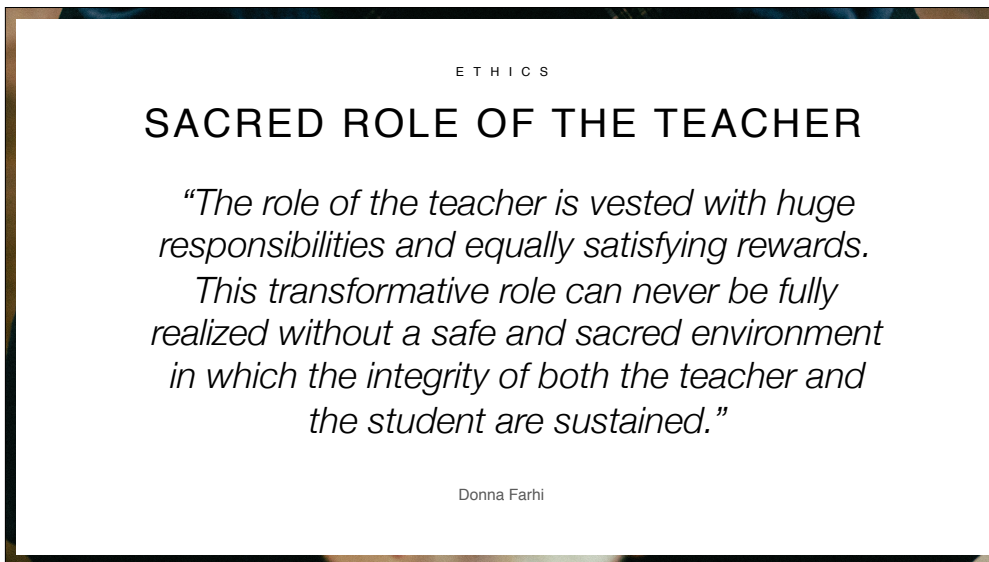
Saha vīryam kara vā va hai

Tejas vi nā vadhi tamastu

Mā vid vi sā va hai

Om Shāntih, Shāntih, Shāntih

2



ETHICS

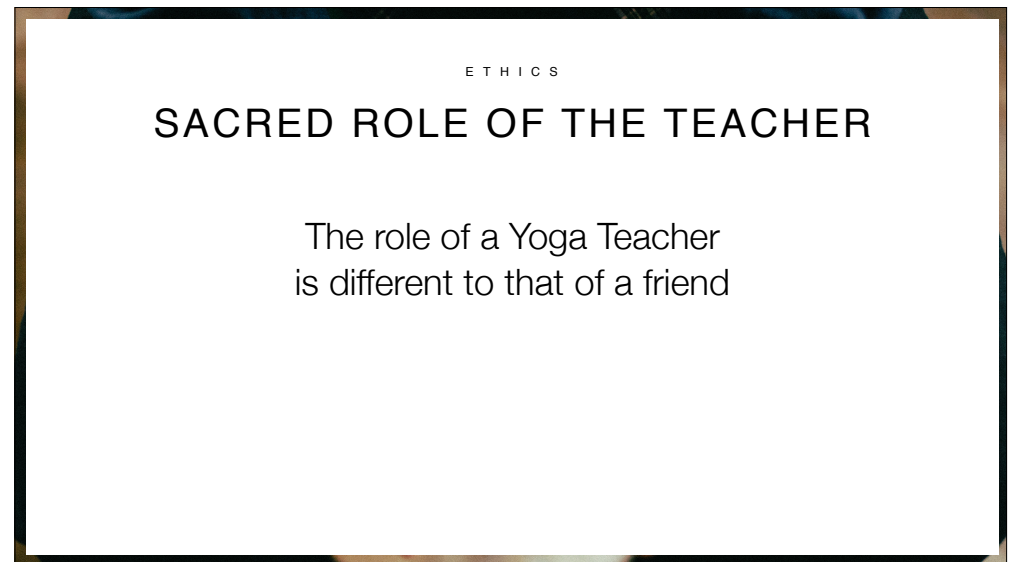
SACRED ROLE OF THE TEACHER

"The role of the teacher is vested with huge responsibilities and equally satisfying rewards.

This transformative role can never be fully realized without a safe and sacred environment in which the integrity of both the teacher and the student are sustained."

Donna Farhi

3



ETHICS

SACRED ROLE OF THE TEACHER

The role of a Yoga Teacher
is different to that of a friend

4

SACRED ROLE OF THE TEACHER

The role of a Yoga Teacher is to support the student and the focus is on the student's growth and learning

5

SACRED ROLE OF THE TEACHER

In the student-teacher relationship, it is the Yoga Teacher's responsibility to act ethically and hold the relationship as sacred

6

SACRED ROLE OF THE TEACHER

Ways to do this include:

- ▶ Helping (not rescuing)
- ▶ Working within scope of practice
- ▶ Referring
- ▶ Intake forms

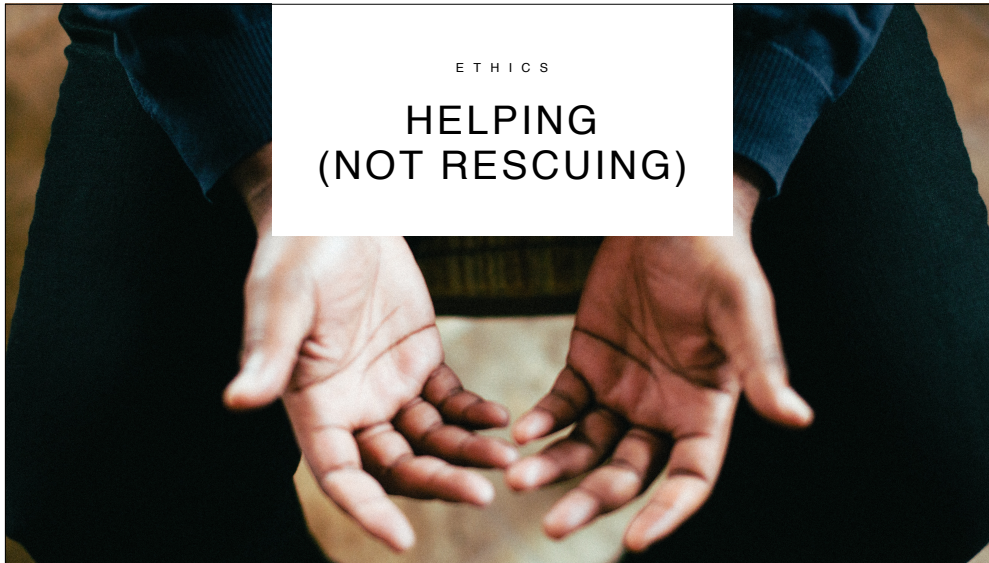
7

SACRED ROLE OF THE TEACHER

Ways to do this include:

- ▶ Confidentiality
- ▶ Appropriate clothing
- ▶ No sexual relationships with students
- ▶ Ongoing mentoring and development

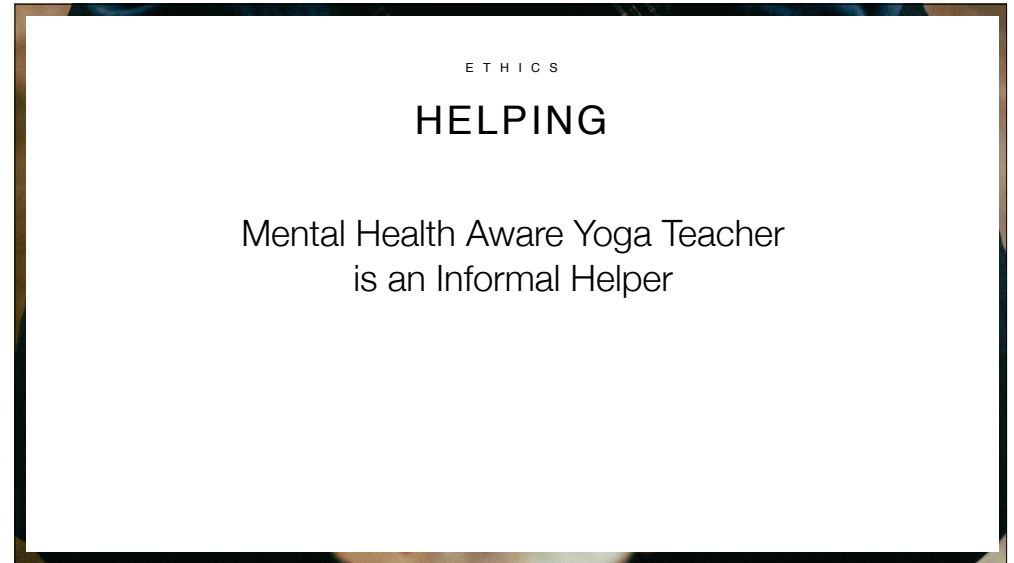
8



ETHICS

**HELPING
(NOT RESCUING)**

9

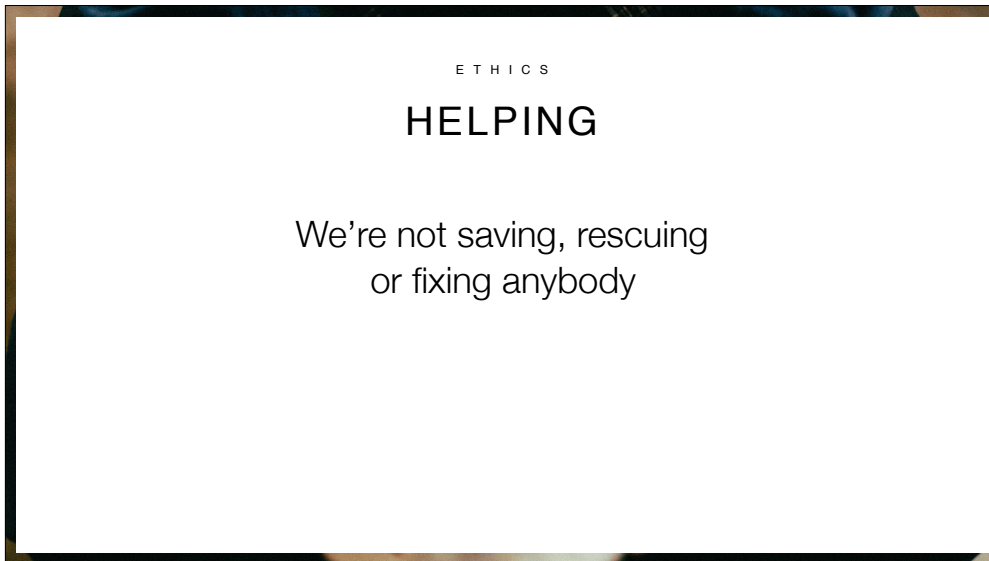


ETHICS

HELPING

Mental Health Aware Yoga Teacher
is an Informal Helper

10

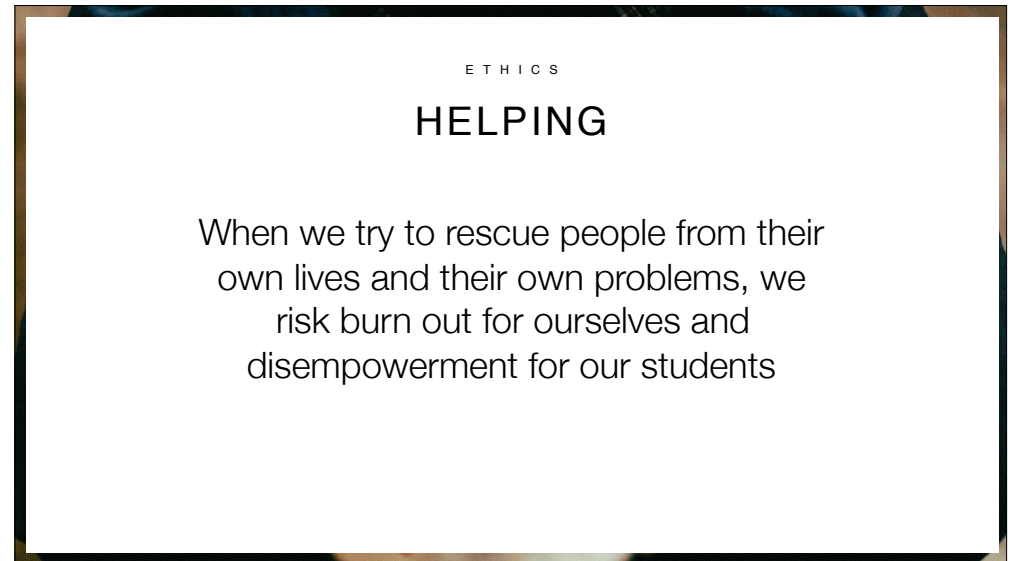


ETHICS

HELPING

We're not saving, rescuing
or fixing anybody

11



ETHICS

HELPING

When we try to rescue people from their
own lives and their own problems, we
risk burn out for ourselves and
disempowerment for our students

12

ETHICS

HELPING

Rescuer behaviour often looks like:
Wanting to solve people's problems,
rather than trusting they can solve
them for themselves

13

ETHICS

HELPING

Rescuer behaviour often looks like:
Giving advice

14

ETHICS

HELPING

Rescuer behaviour often looks like:
Doing things for other people
they could do themselves

15

ETHICS

HELPING

Rescuer behaviour often looks like:
Feeling resentful or unappreciated
when others don't take our advice

16

ETHICS

HELPING

Rescuer behaviour often looks like:
Trying to convince other people
about our point of view

17

ETHICS

HELPING

These are similar to some of the
co-dependent control patterns
identified by CODA

18

ETHICS

HELPING

People are incapable of taking
care of themselves
vs
People are capable of managing
their own lives

19

ETHICS

HELPING

Attempt to convince others
what to think, do, or feel
vs
Accepting the thoughts, choices,
and feelings of others

20

ETHICS

HELPING

Freely offering advice and direction
without being asked

vs

Only giving advice when asked

21

ETHICS

HELPING

Being resentful when others decline
their help or reject their advice

vs

Being content to see others
take care of themselves

22

ETHICS

HELPING

When we cast ourselves as the
rescuer, we cast the other person in
the role of the helpless victim

23

ETHICS

HELPING

Our role is NOT to:

- ▶ Fix people's problems
- ▶ Have the answer to everything
- ▶ Give advice
- ▶ Take responsibility for people's choices or situations

24

ETHICS

HELPING

Our role IS to:

- ▶ Teach yoga
- ▶ Create a safe container
- ▶ Listen
- ▶ Empower students to trust in their own wholeness and intuition

25

ETHICS

HELPING

Slipping into the rescuer role might look like:

Telling your students what do
to with their life

26

ETHICS

HELPING

Slipping into the rescuer role might look like:

Lying awake at night thinking
about your students problems

27

ETHICS

HELPING

Slipping into the rescuer role might look like:

Feeling resentful that your
student is not taking your advice

28

ETHICS

HELPING

Slipping into the rescuer role might look like:

Feeling like you need to have
the answer to everything

29

ETHICS

HELPING

Slipping into the rescuer role might look like:

Trying to stop students
from crying

30

ETHICS

HELPING

Slipping into the rescuer role might look like:

Doing things for your students they
could be doing for themselves,
or that their friends, family or therapist
could be doing for them

31

ETHICS

HELPING

If you notice any of these signs, make
an appointment with your mentor or
therapist to talk about them, and
reconnect with your role as a teacher

32

