



SAFE CONTAINER

## BOUNDARIES AND SELF CARE

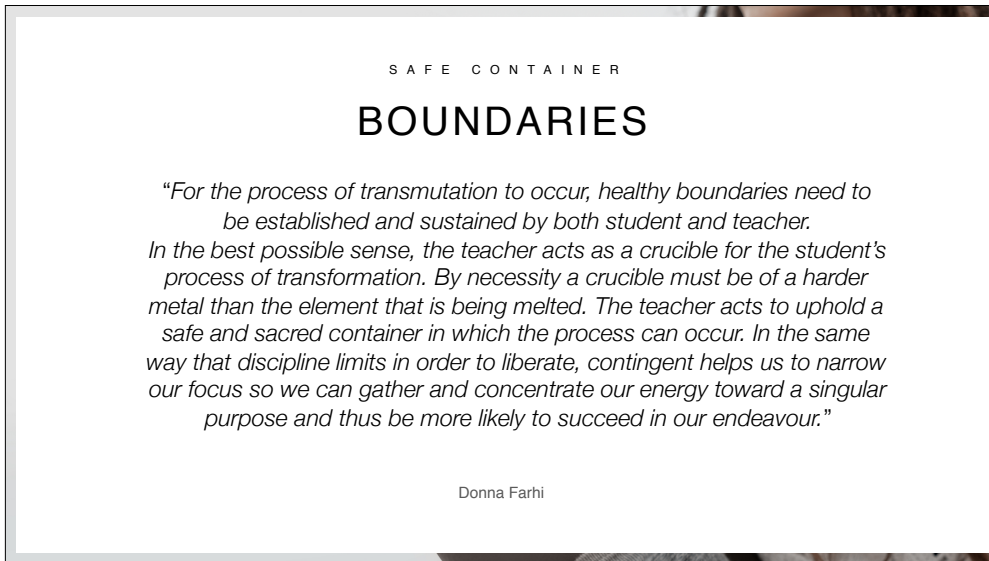
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## BOUNDARIES

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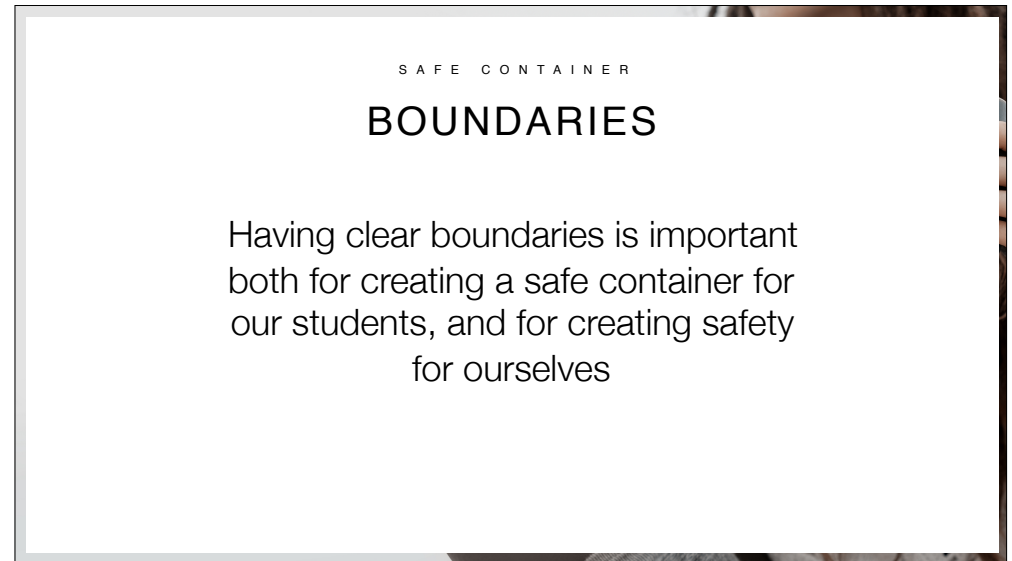
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## BOUNDARIES

*"For the process of transmutation to occur, healthy boundaries need to be established and sustained by both student and teacher. In the best possible sense, the teacher acts as a crucible for the student's process of transformation. By necessity a crucible must be of a harder metal than the element that is being melted. The teacher acts to uphold a safe and sacred container in which the process can occur. In the same way that discipline limits in order to liberate, contingent helps us to narrow our focus so we can gather and concentrate our energy toward a singular purpose and thus be more likely to succeed in our endeavour."*

Donna Farhi

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## BOUNDARIES

Having clear boundaries is important both for creating a safe container for our students, and for creating safety for ourselves

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## BOUNDARIES

*"The teacher's ability to establish and maintain a healthy boundary is crucial, not only for the teacher's welfare but also for helping students establish their own healthy boundaries.*

*In my discussions with close colleagues, I have learnt that an inability to create, sustain, and if necessary defend clear boundaries is a major cause of exhaustion, illness, and career burnout. Often teachers feel guilty that they have human limits - physical, emotional, and psychic limits.*

*Many teachers find it hard to accept that their energy is limited, and that they cannot give endlessly without consequence. A teacher may also have an unexamined belief that "being spiritual" is about boundless (boundary-less) generosity. When a teacher cannot accept her own limits, she unconsciously creates a leaky boundary, which will be just as unconsciously perceived by students and will be challenged. Many of my teacher trainees have expressed that watching me model clear boundaries has given them permission to honor their own boundaries. This is the compassion that we can extend to ourselves and thereby to others."*

Donna Farhi

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## BOUNDARIES

It is important both for our own well being, and for the well being of our students, that we maintain and model good boundaries

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## BOUNDARIES

Boundaries are simply what's okay and what's not okay for me

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## BOUNDARIES

When we have no boundaries or have leaky boundaries, people will be confused about what's okay and what's not okay for us, and will either intentionally or unintentionally cross them

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## BOUNDARIES

Instead of feeling resentful and disenfranchised we need to take responsibility for clearly communicating our boundaries, even if it feels uncomfortable

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## BOUNDARIES

Start and finish your classes on time

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## BOUNDARIES

At the end of a class consider letting your students know that you're going to be around for a few of minutes after class if anyone has any questions or comments

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## BOUNDARIES

If students are running late to a private session let them know upfront that you will still need to finish at the agreed time

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## BOUNDARIES

If a student stays behind at the end of class and talks for longer than a few minutes, suggest they book a private session

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## BOUNDARIES

If a student calls or emails asking in-depth questions or wanting a long discussion, suggest that they book a private session

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## BOUNDARIES

If a student asks for advice about something that is beyond your scope of practice, refer them to someone else

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## BOUNDARIES

Have a clear cancellation policy

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## BOUNDARIES

Consider having a separate email and phone for your work and personal life

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## BOUNDARIES

*'I'm practicing the art of radical self care, which means that I don't always reply to my emails immediately. But hang in there, I will get back to you soon.'*

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## SELF CARE SELF PRACTICE SELF ENQUIRY



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## SELF CARE, PRACTICE AND ENQUIRY

The state of the Yoga Teacher is 95% of the transmission of yoga, and knowledge is only 5%

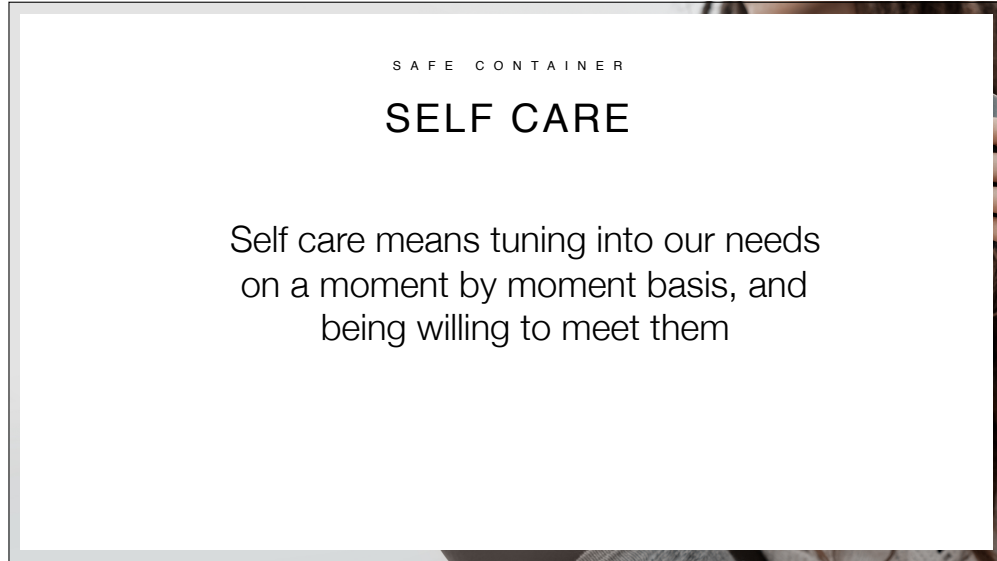
Saraswathi Vasudevan

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**SELF CARE**

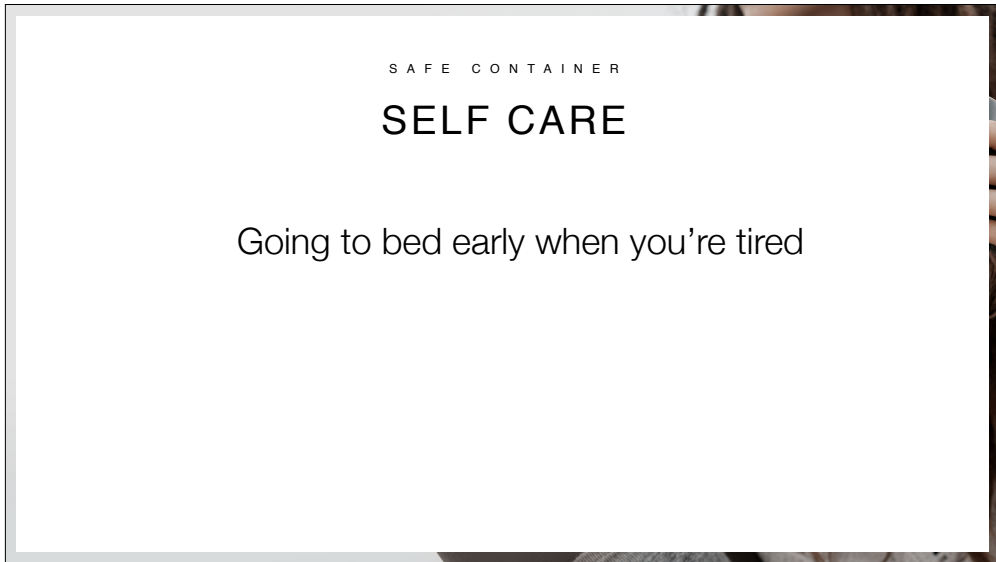
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**SELF CARE**

Self care means tuning into our needs  
on a moment by moment basis, and  
being willing to meet them

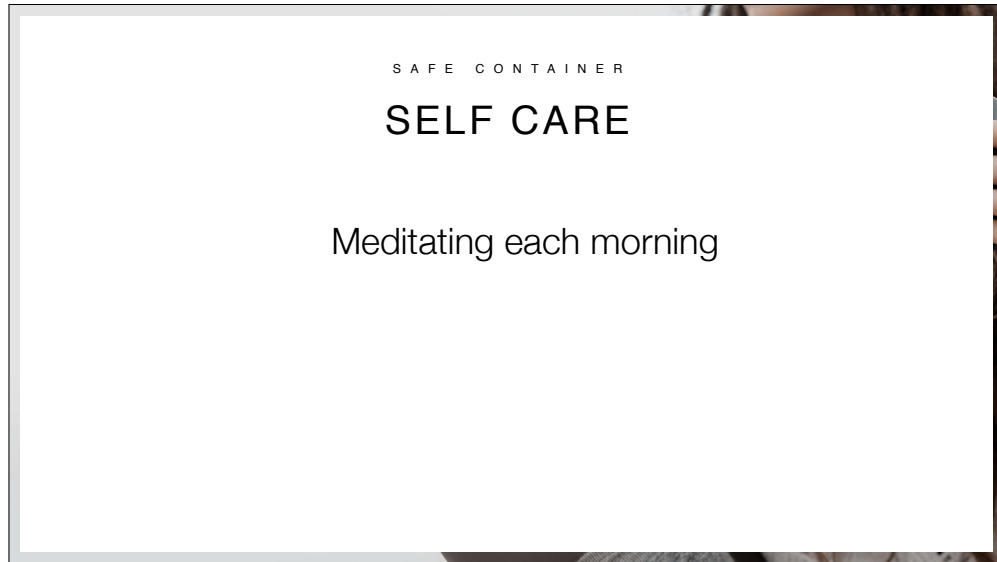
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**SELF CARE**

Going to bed early when you're tired

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**SELF CARE**

Meditating each morning

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## SELF CARE

Spending time by yourself when you're feeling overwhelmed

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## SELF CARE

Spending time with friends when you feel like company

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## SELF CARE

Eating well

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## SELF CARE

Not working late in the evenings

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## SELF CARE

Getting support with your mental health when you need it

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## SELF CARE

Self care is anything that feels nourishing and life enhancing to you

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## SELF PRACTICE

Self practice is important for our own mental health, so we hold space for our students in a way that is really present, balanced and nourishing

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## SELF PRACTICE

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## SELF PRACTICE

Self practice is important so we can show up for our students authentically steeped in the teachings of yoga

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## SELF PRACTICE

The challenges you face with your own practice, will help you to understand the challenges your students face

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## SELF PRACTICE

Teaching is not the same as self practice

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## SELF PRACTICE

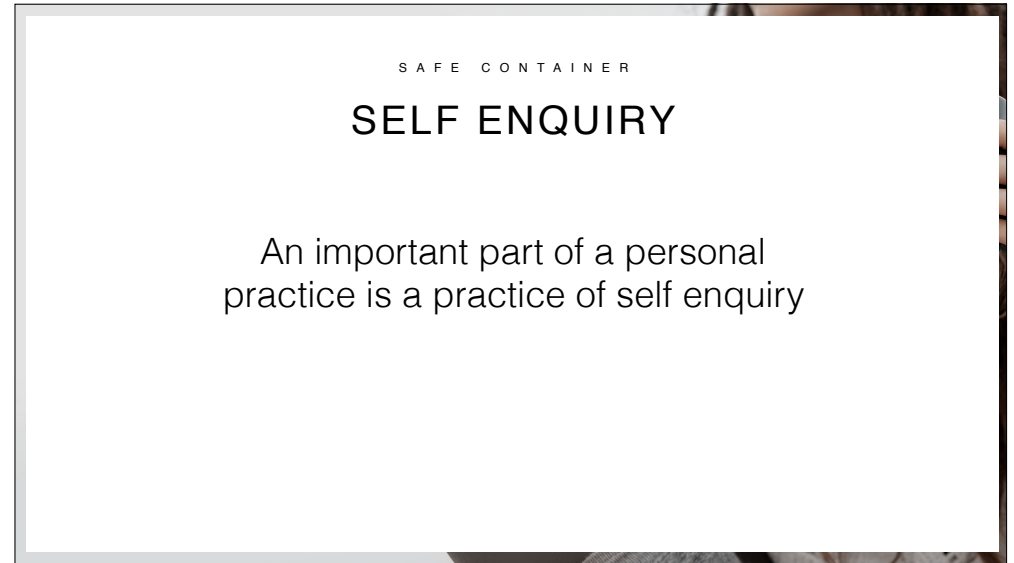
Having our own personal practice is important

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SELF ENQUIRY

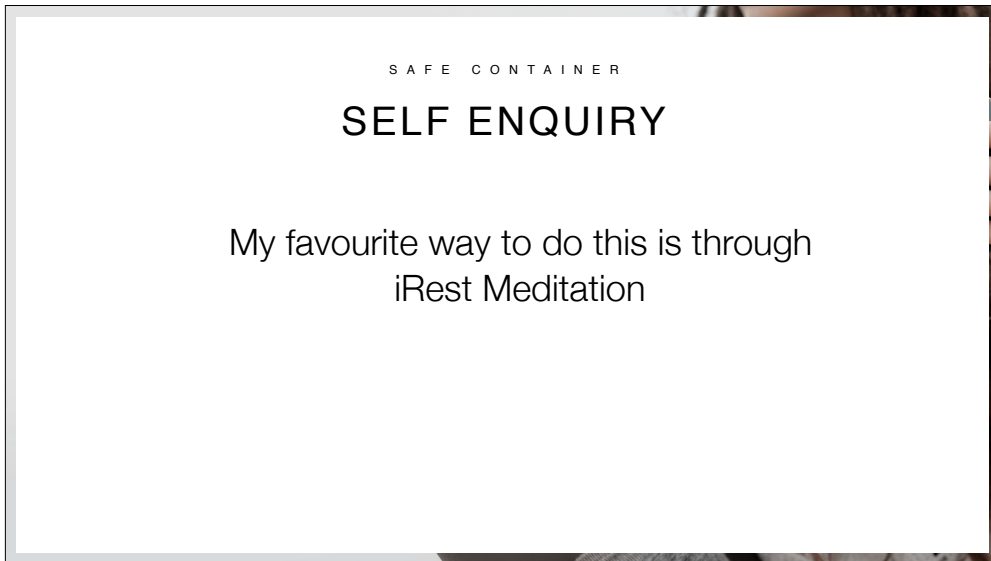
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SELF ENQUIRY

An important part of a personal practice is a practice of self enquiry

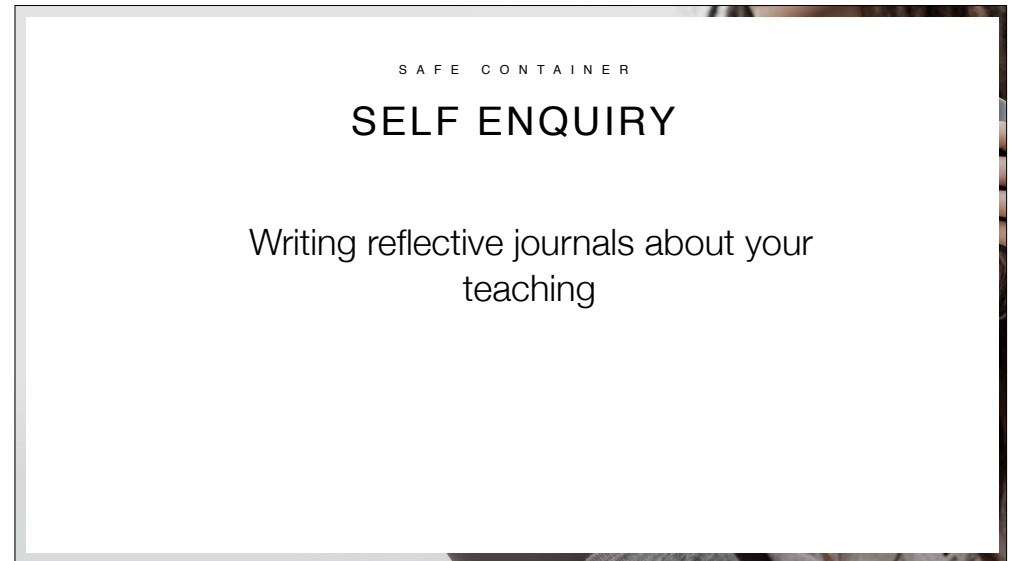
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SELF ENQUIRY

My favourite way to do this is through iRest Meditation

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SELF ENQUIRY

Writing reflective journals about your teaching

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## SELF ENQUIRY

Supervision and mentoring

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