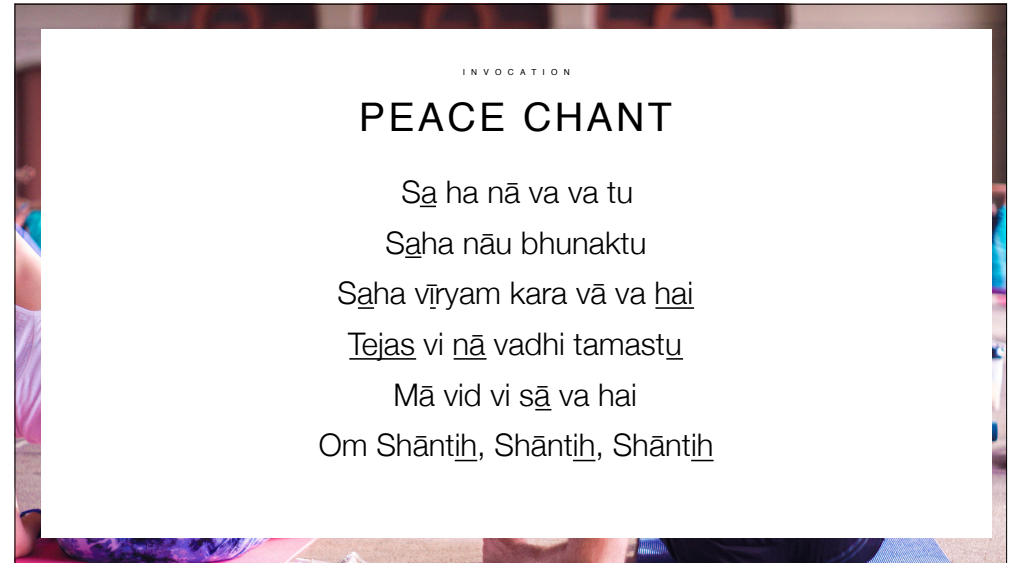




SAFE CONTAINER  
WHAT  
STUDENTS  
WANT

1



INVOCATION  
PEACE CHANT

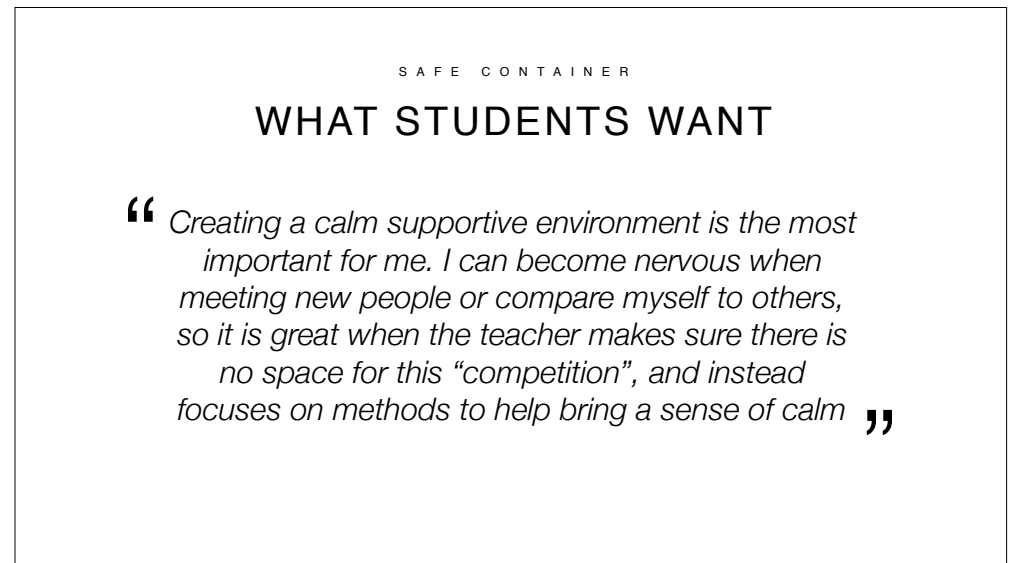
Sa ha nā va va tu  
Saha nāu bhunaktu  
Saha vīryam kara vā va hai  
Tejas vi nā vadhi tamastu  
Mā vid vi sā va hai  
Om Shāntiḥ, Shāntiḥ, Shāntiḥ

2



SAFE CONTAINER  
WHAT  
STUDENTS  
WANT

3



SAFE CONTAINER  
WHAT STUDENTS WANT

“ *Creating a calm supportive environment is the most important for me. I can become nervous when meeting new people or compare myself to others, so it is great when the teacher makes sure there is no space for this “competition”, and instead focuses on methods to help bring a sense of calm* ”

4

SAFE CONTAINER

## WHAT STUDENTS WANT

*“ Holding a safe space upon arrival. Making eye contact, smiling, coming over to introduce themselves, remembering my name or being honest and just asking again if they have forgotten. Being happy for me to arrive 15 minutes or so early. Feeling safe and welcome helps me to be present arrive in the space before class. Sometimes just showing up is hard and it makes arriving so important ”*

5

SAFE CONTAINER

## WHAT STUDENTS WANT

*“ Having conversation about your needs etc prior to class. I never liked classes where attention was drawn to me or where I was singled out. ”*

6

SAFE CONTAINER

## WHAT STUDENTS WANT

*“ One on one time. Not necessarily a lot of time, but personally checking in to see how I am and so that I feel comfortable if I'm feeling not ok. It provides a bit more safety and I have found that it's really important when starting a class for the first time. ”*

7

SAFE CONTAINER

## WHAT STUDENTS WANT

*“ Encouraged students to work at their own pace & let students know it is normal to have variations in abilities to do a pose. ”*

8

SAFE CONTAINER

## WHAT STUDENTS WANT

“ *They have been compassionate when I needed a moment to cry, to stop, etc.* ”

9



SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

10

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *Touching my body to make adjustments without letting me know or asking first.* ”

11

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *Pointing out what I'm doing 'wrong' in front of the class or not giving clear instructions which can make me feel self-conscious.* ”

12

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *Saying ‘you can do more’ when I’m on the verge of tears. Not being sensitive to when enough is enough.* ”

13

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *Things like ‘You should try it as well, it is so easy and everyone can do it.’* ”

14

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *During shavasana, without any warning I had a lavender scented (strong) cloth slapped over my eyes. It was very disrupting and disturbing.* ”

15

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *Talking about how poses make your body ‘look better’ (rather than feel better) or being told to ‘push harder or do more’ rather than listening in to what I need.* ”

16

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *I always feel very uncomfortable when some teachers suggest that antidepressants are bad for you or "unnatural" or ineffective. And that if people do yoga they wouldn't need medication. Which is just not true for everyone! I personally couldn't have got out of bed to get to yoga without medication. And some conditions for some people require medical treatment and not just 'self care'. It just means students feel less likely to accept or adhere to prescriptions from their professionals! It's dangerous!* ”

17

SAFE CONTAINER

## WHAT STUDENTS DON'T WANT

“ *Saying in front of everyone that I was his favourite student.* ”

18

THANK YOU



19