

A close-up photograph of two hands, one from a person with light skin and one from a person with dark skin, reaching towards each other. The hands are positioned in the lower half of the frame, with the palms facing each other. The background is dark and out of focus. A white rectangular box is overlaid on the upper half of the image, containing text.

ETHICS

ASSIGNMENTS

ONLINE TRAINING

E T H I C S A S S I G N M E N T S

Welcome!

There are nine parts to your assignment for this section on Ethics.

You're invited to reflect on various aspects of the material and the way they relate to your personal life and teaching, and to create some resources and connections for yourself to support you in your teaching.

There is space for you to write your reflections in this workbook, but you're welcome to copy the assignment tasks into your journal or onto your computer if you prefer.

Please take the time to do these reflections and tasks thoughtfully, and once you have completed the assignments for this section, please make sure that you tick the Ethics checkbox on the Assignment Checklist page.

I hope you enjoy this process of self reflection.

With gratitude,

A handwritten signature in black ink that reads "Lauren". The script is fluid and cursive, with the first letter 'L' being particularly large and stylized.

E T H I C S
A S S I G N M E N T S

1. REFLECTIVE JOURNAL

How did you feel when watching this section on ethics?

E T H I C S
A S S I G N M E N T S

2. REFLECTIVE JOURNAL

Reflect on your experience with rescuing others and/or being rescued by others. Has this ever played out in your life? What was your experience with it? Is it something that is happening in your life now? Is there something you would like to do differently after watching these lectures?

E T H I C S
A S S I G N M E N T S

3. REFLECTIVE JOURNAL

What is your personal scope of practice?

E T H I C S
A S S I G N M E N T S

4. SELF DIRECTED PRACTICUM

Write a list of local referrers, including their name, profession, speciality, website and contact details.

E T H I C S
A S S I G N M E N T S

5. SELF DIRECTED PRACTICUM

Write an intake form for your classes. Give it to someone to fill out, and get their feedback on it.

E T H I C S
A S S I G N M E N T S

6. REFLECTIVE JOURNAL

Reflect on these photographs and what they bring up for you.

Do you feel this an appropriate way to dress in your role as a Yoga Teacher when teaching or promoting your work? Why? There is space under each photograph for your reflections.



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E T H I C S
A S S I G N M E N T S

7. REFLECTIVE JOURNAL

Reflect on your own choice of clothing for teaching and promotion. What is working well? What would you like to do differently in the future?

E T H I C S
A S S I G N M E N T S

8. REFLECTIVE JOURNAL

Have you ever been in a position when you knew a Yoga Teacher, or other person in a position of power, was behaving unethically? What did you do? How would you do it differently if it happened again?

E T H I C S
A S S I G N M E N T S

9. SELF DIRECTED PRACTICUM

Pick one of the topics from this section on ethics, and discuss it with a mentor or peer. Reflect on how this process was for you (including how you felt about doing this, what came up in the discussion and any actions that resulted from the discussion).

T H A N K Y O U

