

## **TIY Group Guidelines and Agreements**

We seek to co-create a safe, respectful space that supports and nurtures the practices of conscious self-care, confidentiality, compassion, co-regulation, healthy communication, consent and collaboration. We promote dignity, respecting personal space and possessions, offer choice and aim to do our best to practice ahimsa and prevent the cause of any violence or harm.

To this end, we ask that you give consideration and consent to making a conscious choice to consistently practice the following with us:

**Cultivating Safety.** Is at the core of everything we do in TIY. If you notice anything within the group, setting or experience that makes you feel unsafe, please inform a team member straight away. In order to cultivate greater safety please be responsible for your own energy levels, hydration, nourishment, sleep and rest during breaks. The content of these trainings can be demanding and triggering, meaning you may need to increase levels of self-care and rest. Please seek to take care of others, reminding them to self-regulate, rest and hydrate too.

**Confidentiality.** All content, stories and experiences shared within the group are to be kept strictly confidential. If in the future you feel called to reference someone's story or an example from class, please ensure you do so without sharing names or any personal details.

**Privacy.** We respect everyone's right to privacy, including the protection of personal image and data. Please always ask permission before taking a photo and/or posting on social media. And, with any emails or contact information shared during the training, please use responsibly.

**Consent.** We follow the principles of the Wheel of Consent ® and to maintain a felt sense of safety, we invite everyone to clearly establish verbal or non-verbal consent before any partner practices or exercises that involve any form of physical contact with others.

**Choice.** You have ultimate choice over participating in every single component of this training. The most potent practice for trauma recovery is re-establishing choice.

Many will have experienced trauma during education, classroom settings and in unhealthy group or family dynamics. We fully, 100% support your choice if at anytime the healthier choice for you is to sit out, not speak or share, remove yourself from the workshop, take a nap, get some fresh air, stretch, or do whatever serves your body, as long as it is not disturbing or distressing to the group.

**Health.** We ask that you take full responsibility for yourself and your health during the training and agree to inform us of any medical changes or sickness immediately. To ensure that no personal injury occurs, you agree to inform us of any prior injuries and adjust your practice according to your limitations in the moment, knowing the decision to perform any yoga postures remains yours.

**Abuse.** We have zero tolerance for all forms of discrimination or abuse and fully support any team members or attendees in identifying and challenging any discriminatory or abusive language and behaviours. We seek to completely end cycles of abuse in our families, friendships, communities and the wider world.

**Compassionate Enquiry.** We invite everybody to deepen their self-awareness, by remaining in compassionate enquiry of others and ourselves, particularly around shadow patterns that may have developed as survival strategies from past trauma's resulting in unconscious projecting, accommodating, blaming, rescuing, attacking, collapsing, hiding, becoming voiceless or judging — acknowledging that we all do this at times. If triggered by another person's statement, behavior, action, seek to put yourself in their shoes, and gently ask them why, explaining that you are truly curious as it has brought up something for you and you would like to investigate, also sharing what response/reaction you noticed in yourself.

**Safe Communication.** We aim to take responsibility for clearly and compassionately communicating any concerns, confusions or complaints directly to the source, so as to ensure that we aren't unconsciously pulled into gossiping, miscommunication, misunderstanding or falling into unhealthy roles of persecutor, victim or triangulation. We seek to listen from a place of regulated, resourced, presence and encourage the clear expression of needs and wants, and we take responsibility for the impact that our words and behaviours may have on others. We foster an environment where anyone is free to comment or complain without fear of retribution.

**Sacred Pause.** We all react at times. Whether it is a loss of self-regulation, a fear of abandonment, a rise of anger at a perceived or real sense of injustice, or simply because we're tired. We may also find that we are triggered by the content or sharing of someone's personal experience during the training. In response to any reactive state, take a moment to notice your sensations, attempt to resource and regulate yourself, if that fails, raise a hand to let the group know that you need support and we will all pause to ensure that together we continue from a place of presence and regulation, changing the content, behavior or action as required.

**Confront Conflict.** No-one likes it when conflict arises, but this is a natural part of life. Many of us have conflict-avoidance patterns due to past trauma which results in us avoiding speaking our truth or feeling brave enough to confront someone due to the overwhelm we feel inside.

**Participation.** We require full attendance to all classes in order to award you the 100hr certificate of completion.

**Respect the Laws.** We aim to comply with all applicable laws, regulations and international conventions. We ask that you do the same so as to honour the culture that we are visiting within, each other and to ensure that we all remain safe and protected from unnecessary harm.

**Keep Time.** We aim to respect each other through time keeping, ensuring that we show up to classes in advance so that we can keep to the schedule, appreciating the need for flexibility if circumstances change and for any reason we need to re-schedule a session.

**Environment.** We invite everyone to be responsible for care taking the space, tidying up, keeping belongings safe, using water and other resources minimally, and when we are outside of the training container treating the animals, people and land with love, kindness and respect to local norms.

**Care.** We recognise that everyone is away from their resources, family, friends and in a strange land. Please be mindful of how discombobulating this can be and let's all do our best to hold each other with tender, loving care and deep compassion.