

Ethical Conduct and Commitment Clause

PranAnanda Yoga 2025/2026 Fall/Winter Teacher Training

1. **Confidentiality** – Personal information is shared among the trainees during the learning process of the training. Your signature below states you will not divulge ANY of that information outside of the training or speak of another trainees' (with a fellow trainee) information without them present.
2. **Commitment and Respect**- A 100% commitment is needed to fully complete the training, along with respect for the teachings and fellow trainees. Any verbal or physical disrespect is cause for immediate disqualify. Please refrain from side talking. This disrupts the flow of the training and may distract others from their learning process. Even though you may not agree to some of the teachings or opinions shared by your fellow trainees, please keep an open mind and heart. Take what works and let go of the other.
3. **Punctuality**- The training is very structured and each hour is accounted for. To be certified you must have 200 hours of training not 199 hours. Come to class prepared with homework completed for that day. This is an intensive five month (plus) training covering information that sometimes is covered in 12 month trainings.
4. **Cleanliness**- (In-person) Please have clean feet. Respect the yoga equipment; please fold blankets neatly, roll straps and stack blocks. It sets a good example for your students. Some trainings state to be conscious of your onion and garlic intake, because these stay in your system for 24 hrs. and sweat out of your pores. Personally, as an Ayurvedic practitioner, they are medicine.
5. **Appearance**- Wear appropriate clothing so muscles can be seen. I cannot see muscles very well if you wear black, unfortunately (same for me). This will enhance the learning process for yourself and others during the 'Adjustment and Alignment' section of the training.
6. **Financial Due Dates**- All modules will be paid in full one week before the scheduled training date.
7. **Training Manual**- Should be brought to every Saturday and Sunday training. No storage will be provided at the studio.
8. **Eating/Smoking Habits**- The idea is to be healthy. Total reform of your eating habits is not being asked of you. Just be open to the idea of cutting out or limiting the intake of sugar, caffeine, alcohol, meat and nicotine. Sugar, caffeine and alcohol are detrimental to the learning process and keeps one fairly disconnected from their body and clouds emotional judgment. Meat makes one have an oilier sweat output. Also, nicotine is expelled from the body through the pores. If you're not vegetarian this would be a perfect opportunity to have the support of a group of peers to try it (the same goes for quitting smoking).
9. **Reading List**- Science of Breath should be read completely before the training start. The Yoga Sutras of Patanjali is very heady so just skim it through the first time. Details will be covered in the training. Individual reading assignments in Light On Yoga and The Anatomy Coloring Book must be completed before assigned class.

I, (please print) _____ agree to commit to the above 9 clauses during the duration of the training. If I have any problem with said commitment to any of these clauses, I will discuss it with the director, Joy Wolfe.

Signed: _____ Date: _____