

Yoga Centric Community Code of Conduct

At Yoga Centric, we believe the practice of yoga extends beyond the poses. Our studios are shared spaces for movement, reflection, connection and growth. We ask every member of our community, students, teachers, staff and guests to help us create an environment that feels safe, respectful and welcoming to all. Our Code of Conduct is inspired by the Yamas and Niyamas, the ethical principles of yoga.

Ahimsa • Practice Kindness

We practice non-harming through our words, actions and interactions. Treat fellow students, teachers and staff with kindness, patience and respect. Harassment, intimidation, discrimination, threatening behavior or unwanted physical contact has no place in our community.

Satya • Practice Honesty

Communicate honestly and respectfully. Honor studio policies, represent your needs truthfully and let your teacher know when something may affect your ability to participate safely.

Asteya • Respect What Is Shared

Respect the time, space and belongings of others. Arrive on time, care for studio property and borrowed equipment, and be mindful that the studio belongs to the entire community.

Brahmacharya • Be Mindful of Your Energy

Be aware of the energy you bring into a shared space. Silence phones, keep conversations considerate, respect moments of quiet and allow others the space to experience their own practice.

Aparigraha • Make Space

Yoga asks us to loosen our grip on expectations, comparison and judgment. Come as you are and allow others to do the same. Every body and every practice is different.

Saucha • Care for Our Space

Cleanliness is part of the practice. Help us maintain a clean, comfortable studio by practicing good personal hygiene, cleaning borrowed props and equipment as requested, and leaving your practice space ready for the next person.

Santosha • Practice Acceptance

Meet yourself where you are today. Yoga is not a competition. Respect your body, your limits and the individual practice of those around you.

Tapas • Honor the Practice

Show up with intention. Follow teacher guidance and studio safety policies, while remembering that you are always responsible for listening to your own body. Choose modifications, rest or step out when needed.

Svadyaya • Practice Self-Awareness

Notice how your words, actions and choices affect others. Be willing to listen, learn and adjust when necessary. Part of yoga is continuing to know ourselves more fully.

Ishvara Pranidhana • Remember the Bigger Practice

We come to yoga for different reasons, but we practice together. Approach the studio with humility, gratitude and respect for the practice and the community sharing it with you.

One Community. Many Practices. Shared Respect.

Yoga Centric is committed to maintaining an environment where everyone can practice with dignity and respect. Behavior that compromises the safety, comfort or well-being of our students, teachers or staff may result in removal from class or the studio and, when appropriate, suspension or termination of studio privileges.

By practicing at Yoga Centric, you agree to help us uphold these principles. Not simply as studio policies, but as part of the practice itself. Take what you learn on the mat into the way you move through the world.