



Alberta Yoga College

GUIDANCE OF PRACTICE

PURPOSE

To provide guidance on leading a life of yoga, to the students, faculty, teachers, volunteers, and all those involved with the education and yoga practice at the Alberta Yoga College (AYC).

OUR MISSION

To be a leader in the provision of high-quality yoga education and practice to anyone within our community.

OUR VISION

Inspire people to live yoga.

OUR VALUES

Respect

- Respect the yoga space
- Respect all those within the yoga space
- Respect the teacher/instructor's role in your practice/learning
- Respect the student's role as a practitioner

Acceptance

- Accept yourself
- Accept others equally

Leadership

- Lead by example
- Provide guidance when asked and accepted