

To complete your observation project, you may observe any yoga class with a Yoga Alliance registered yoga teacher (RYT) in any location you choose.

Kunga Yoga Observing Agreement:

The following agreement outlines the recommended practices for observing classes at a yoga studio.

As a 200hr Kunga Yoga Trainee, I understand and agree to the following:

- I will only observe teachers who are registered with Yoga Alliance as an RYT. Non-RYT teachers cannot be counted towards my observation project, per Yoga Alliance Requirements.
- I will arrive at least 20 minutes before the class is scheduled, and I will sign in on the observation list at the front desk to reserve my spot to observe the class.
- If there are already 3 people signed in to observe, I understand that I may not be able to observe the class. The teacher of that particular class will decide if more than 3 students are able to observe prior to class.
- I will not bring anything into the room other than my body because I am aware that the space is needed for the comfort of the students. **TAKING NOTES IS STRICTLY PROHIBITED** and many students have offered feedback in the past that this is very distracting, so we do not allow note taking at all. I understand that if I do not follow this policy I will not be allowed to continue observing.
- I will introduce myself to the teacher and request that I observe. I will ask them if there is anything in particular that they would like you to be aware of going into the class. I will assist the teacher with any prop or special needs for the class.
- I will refrain from making any comments, suggestions, etc. to the teacher or students during class or behaving in any way that is distracting to others.
- After class I will ask the teacher any questions that I may have about their class. (Please be respectful and hold your questions until after any students in the class have had a chance to speak to the teacher.)
- I will sit quietly in one of the back two corners of the class. Trainees are not allowed to sit anywhere else in the room due to complaints from previous students about crowding and feeling like they are on stage.
- I will not talk or fall asleep while observing a class.
- After class I will ask the teacher if they need help with any props/sweeping/spots cleanup.
- I understand that cellphones are absolutely prohibited and will not bring any items into the class. I understand that I am there to watch the students and teacher and I understand that note taking of any kind makes students uncomfortable and is strictly prohibited.

GUIDELINES FOR OBSERVING

Note: You may see assistants in classes who are taking part in our Kunga 300hr internship program. These assistants will be introduced to the class and will be walking through the class offering alignment corrections and gentle press point assists during class.

Regardless of where you are assisting these are good guidelines to follow. Please note that when assisting at another location they may have their own set of guidelines that you can request of the manager or teacher. It is quite an honor to walk into a live class and observe, so please be true Kunga yogis and act with respect and gratitude towards the location that is hosting you.

As a Kunga Yoga trainee, I have read, understand, and agree to the policies outlined in this document:

Name

Date