



House Guidelines + Code of Conduct

Welcome to your Empowered Vinyasa 200hr YLTT training and beach house accommodations. As we come together to share this space for most of our teacher training, some will also live in this beautiful house for the next 14 days. While some may have their own room, others will be sharing bedrooms and bathrooms- as well as common areas like the kitchen, living & dining rooms and laundry area.

We anticipate this being a beautiful time to learn, grow and enjoy the company of like minded people. We also anticipate that people live differently and would like to establish some house guidelines so that we all have the same expectations on cleanliness and general awareness. **Please read the guidelines below, sign and return to us.**

1. Please put all food away in the refrigerator or pantry- sealed in appropriate containers/ziploc. All food trash in kitchen trash cans only.
2. Please divide all leftover food for lunches equally-- we do suggest you get a little grocery shopping in for snacks/lunches/beverages as well.
3. No alcoholic beverages or smoking in the house.
4. Please respect everyone's privacy and knock on all bathroom and bedroom doors before entering.
5. The days of the training are long and we encourage everyone to get as much rest/sleep as possible- we suggest a 10:00pm quiet time as we will tend to begin around 7:00 am in the mornings.
6. Please note when trash needs to be taken out to the curb (our house ambassador will physically take the can to the curb- but each bedroom/bathroom will need to be consolidated for him/her.)
7. No pets/animals in the house.
8. Mindful of electronic usage around others.(Please consider headphones when listening around others).
9. Please aid the house ambassador with the moving of furniture for space to lecture and practice.
10. No outside guests on premises.

Printed Name: _____

Signature: _____

Date: _____