

Safe Teaching Guidelines 2: Tactile Cueing – hands on guidelines for yoga class teaching and professional practice



1. Look first at the student and observe their alignment, weight, unevenness, irregularities, individuality. We need to be as aware as possible of what the student is doing before we correct anything.
2. Always inform students that you are a 'hands on' teacher and that you will touch them from time to time. If they are a beginner 'ask' if you can touch them first.
3. Make sure that you have the students confidence before you touch them. Tell them what you are planning to do and why, before you touch them.
4. Before we touch, help or ground anyone, be sure that you are well grounded yourself, and breathing properly. You can then 'feel or see' what is happening in the student's body ie are they breathing as you would wish?
5. Correct from the base of the asana first, either with words or touch.
6. Do not knock the student off balance. Help them to move with their breath. Keep them connected to the ground.
7. Also correct from the back so that you can see how the spine is moving. If you use your hands to elongate the spine be clear that is your intent.
8. Try to release tensions as you adjust (ie brush away tight shoulders, giving the student room to move as you do so.
9. Always touch the student with respect remembering that they will each have their own limitations within an asana, and that everyone is very different.
10. Reassure as you touch.
11. If a student seems under the influence of drink or drugs do not touch them but find a way to suggest that they leave the class for that session or offer them a suitable alternative asana. Doing class under the influence of drugs and/or drink can endanger themselves and those around them.
12. **Never** push into the centre of the body.
13. Do not touch an injury or anything you do not understand.
14. Never press on unprotected organs (ie stomach, eyes, kidneys, genitals)
15. Remember the body needs to have an **escape route**. Never 'trap' the student into a position. There must always be an area that can give.