

Student Contract

1. **Ahimsa** (non-violence): I agree to respect and honor other students and the teacher. I agree to keep my hands to myself, unless the teacher tells me otherwise.
2. **Satya** (truthfulness): I agree to be honest with the teacher and with other students—and with myself.
3. **Asteya** (non-stealing): I agree to wait for each student to share their feelings, and agree not to steal their time, or the teacher's time. This also means that I will 'zip my lips' and share only when I've raised my hand, and been given permission to share. Finally, I agree to be on time, as tardiness 'steals' time from other students and from the teacher.
4. **Brahmacharya** (moderation): I agree to listen to the teacher, to calm down when needed, to sit quietly in easy pose with eyes closed when things get out of hand, when I hear the gong, or when asked to do so.
5. **Aparigraha** (non-possessiveness): I agree to share yoga props, time and experiences, and not to take anything that has not been given to me, including other people's words or ideas.

Name _____

Signature _____

Parent Initials _____ Date _____

