



NEIGHBORHOOD ASSOCIATES

Repairing the Breach. Building Public Kinship.

COMMUNITY YOGA CODE OF CONDUCT



OUR CODE OF CONDUCT...

The following statements guide all aspects of the program from start to finish. We trust that the families participating in the program uphold the Code of Conduct in the virtual classroom.

It is easier to tear down than build up. We aim to build our sense of health and well being while connecting each of us to one another and our communities.

Mutual respect is given when received. Our classroom encourages mutual respect from all.

Active listening without judgment is the beautiful art of learning more about people and places.

The talents, gifts, associations, histories, and memories within a neighborhood are valuable.

OUR EXPECTATIONS...

To help us stay on track in the virtual classroom and ensure that participating families get the most from the program, below are guidelines and best practices for participating families, teaching artists, and partners to the program.

Adult family members enrolled are expected to attend every class with the kids they registered.

Time is precious so we will try to arrive to at the online class 5 minutes before class starts. While families can turn their camera off if they desire during yoga, we will start the gathering with our cameras on and our mics muted.

It's important to hear many voices, please try to give families, instructors, and guests in the classroom equal time to share their thoughts.

Zoom is great, but let's all be mindful of our mics, what we say verbally and in the chat, and what's in our backgrounds.

Placing yourself on mute when active listening is helpful to ensure that other participants can hear the instructor.

If the day is hectic, we will use a family-friendly virtual background to keep us and the other participants free from distractions.

Participants, teachers, and partners will not expose participants to profanity, or adult or lewd images. Violating this will lead to permanent removal from NAC courses.

The chat room is a place to share ideas, resources, and kindness. We all agree to use the chat for this purpose only.

If we have an issue, we'll talk about it. Participating families are always welcome to talk to their Resident Coordinators, Instructor, and Program Managers.

OUR END GOAL...

The shared goal of all our collaborative efforts through the program is to deepen civic engagement through yoga and to give us a COVID safe option to replace gathering together for community gardening. We hope that the bonds created in this program will lead to greater self-determination, individual action, and collective action. With this end goal at heart, we are open-minded and strive to be more responsible and responsive in our communities.

QUESTIONS?

Reach out to us! Contact Program Coordinator Anna Sutton.

Email: msutton@neighborhoodassociates.org | Phone: (202) 670-7130

STAY CONNECTED!

Website: www.neighborhoodassociates.org/community-yoga

Instagram: www.instagram.com/neighborhood_partners/