

Code of Conduct For Gentle Yoga Participants!

Gentle attempts to create a safe, respectful, inclusive, and fun environment for everyone to enjoy mindful movement. This Code of Conduct applies to everyone at the event and participants in our respective social media channels. Guests, family, friends, and instructors will be held to the same standards. We reserve the right to remove or ban any person from this space who does not adhere to this Code of Conduct.

We do not tolerate:

- Intimidation or threats
- Disrespecting pronouns
- Unsolicited feedback or advice
- Inappropriate disruption of events
- Disclosing participant identity without their consent
- Hurtful language
- Inappropriate physical contact
- Unwanted sexual attention/language
- Unwanted photography or video recording

Bullying or stalking Especially in connection to:

- Race or ethnicity
- National origin
- Gender identity, or gender expression
- Sex or sexual orientation
- Age
- Disability, medical condition or pregnancy
- Religion
- Citizenship status

WHAT to DO

- If you are asked to stop any of these or related behaviors, STOP IMMEDIATELY.
- If you experience or witness any form of harassment, please contact me, Gentle the soonest you feel safest to.
- To file a formal complaint, email gentleramirez@gmail.com All complaints will be investigated through The NYC Anti-Violence Project - please provide detailed information and your contact information.
- If you feel unsafe in your immediate situation, alert myself. As we enter the virtual space of Gentle Yoga, we ask that everyone operate within our shared Code of Conduct as well as these specific agreements for engaging online:

- We will use social media to foster stronger connections and build community.
- We will use social media to inspire and activate our networks.
- We will use social media to create respectful and constructive dialogue.
- In addition to sharing updates from our own lives and promoting our own work, we will also uplift the work of others who inspire us. If problems come up, we will address them in this way: ● We will attempt to resolve interpersonal issues through direct contact with the individuals involved rather than publicly on our social media pages.
- If a serious issue or concern is brought to our attention via social media, we will attempt to safely follow up through direct communication in an offline space.
- We will participate in offline dialogue about an issue of concern that may arise, with the goal of collectively working towards a solution.
- We will not share private conversations that took place offline on social media.

This document was adapted from the Alamo Draffhouse Code of Conduct and co-authored by members of the Trans Boxing in 2018. *We welcome feedback and ongoing discussion of these policies. For comments/questions/suggestions, e-mail: gentleramirez@gmail.com