

Example Consent Statement for Yoga Classes

A sample script for explaining your approach to touch and consent — brief, welcoming, and easy to understand — with visual consent cards.

YOGAPROS

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Compliance & Safety



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◆ INTRODUCTION

This template provides a practical starting point for planning, recording, and reviewing your professional practice. Adapt it to suit your role, teaching environment, students, and any relevant legal, safeguarding, or insurance requirements.

◆ THE SAMPLE SCRIPT

Brief, welcoming, easy to *understand*.

A consent statement should be brief, welcoming, and easy to understand. Below is a sample script you may adapt:

◆ SAMPLE SCRIPT

“Before we begin, I’d like to briefly explain my approach to touch and consent. During today’s class, I may offer verbal guidance, demonstrations, and, when appropriate, physical adjustments to support your practice. Physical adjustments are always optional. You are always in control of your body and practice. If you prefer not to receive hands-on adjustments today, that is completely fine. You do not need to provide a reason, and your choice will be respected.

If you change your mind at any time, please let me know. Consent is ongoing and can be withdrawn at any point.

Please listen to your body, take any variations that suit you, and rest as needed. My goal is to create a safe, supportive, and inclusive environment where everyone feels comfortable and respected.

Thank you for being here today”.

Adapt the language to fit your teaching style, class environment, and student needs.

Consider printing this statement or creating visual consent cards for students to place on their mats.

◆ EXAMPLE VISUAL CONSENT CARDS

A simple, non-verbal *signal*.

☐ I am happy to receive hands-on adjustments today.

☐ I prefer not to receive hands-on adjustments today.

Instructions: print and provide these cards for students to place at the front of their mats as a simple, non-verbal way to indicate their preference each class.

◆ ACTION STEPS

- 01 Prepare your consent statement in advance**, tailoring it for your typical class setting.
- 02 Read the statement aloud at the start of each class**, making eye contact and speaking clearly.
- 03 Make it easy for students to indicate their preferences** verbally, with tokens, or in writing.
- 04 Respect all boundaries.** Do not single out or pressure students to accept adjustments.
- 05 Remind students they can change their minds** at any time.

IMPORTANT

This checklist is provided for general awareness, professional orientation, and reference only. It is an example of points you may wish to consider and is not exhaustive, nor is it a substitute for professional legal, tax, insurance, safeguarding, or other advice specific to your individual circumstances.

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*A Learning Hub resource from the Compliance
& Safety team — helping members teach with
confidence.*

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