

Using Appropriate and Supportive Touch in our Yoga Sessions Policy

During our Yoga sessions with children and young people, **we may offer to place our hands in a supportive manner to assist** the children and young people whilst they practise with us.

In order to ensure that **everyone participating is safe**, including the children and our Instructors, this Using Appropriate and Supportive Touch Policy outlines the measures we have in place and our policy around the use of touch.

- Instructors must **ALWAYS ask permission** from the child or young people **BEFORE** placing their hands on them.
- If **permission isn't sought**, then the Instructor will not make physical contact with the children.
- **'Appropriate Touch'** will only be used where necessary to support the child or young person in our sessions. Examples of appropriate touch include:
 - Placing their hand on the child's back to comfort them during a relaxation.
 - Supporting them to lift a part of their body.
 - Placing a hand on their backs to encourage them to lengthen their spines.
 - Holding a hand to support them to practise a balance.
 - Supporting them during a partner pose to ensure both children are safe.
 - Offering physical comfort if a child is upset or distressed.
- Our Instructors **will not use touch** to push a child into a pose. Children's yoga is about exploring the body and the poses available to them, children are not verbally or physically corrected during our yoga sessions, unless for safety reasons.
- The supportive and appropriate touch we use in our sessions is **similar to that of a karate or gymnastics lesson**, there is no difference when it comes to practising yoga.
- Schools, parents and Instructors are all made aware of this policy and agree to the conditions around this.

If you'd like to discuss this policy further with us, please don't hesitate to get in touch with one of our team members here: info@kidsloveyoga.org.uk.