



## Scope of Practice

A regular, holistic yoga practise can have significant impacts on a person's health and wellbeing. In the hands of a well-trained and capable teacher this can be an extremely positive impact.

Reviewing and defining scope of practice is important because, while yoga has existed for thousands of years, there is no single, universally shared scope of practice for yoga teachers as there is for instructors of other comparable activities. In addition to this, Lime House Yoga (and many other yoga schools) teach and train with the use of physical assistance where teachers are often placing their hands on practitioners bodies in ways which mirror other more regulated professions including massage, bodywork and health care. Teachers must check they offer physical assistance in accordance with local laws.

Given the diversity and varying quality of yoga training and teaching, it is important for Lime House Yoga to clearly define the 'scope of practice' for teachers who are both accredited through or teach under the Lime House Yoga name. This relates to maintaining the professionalism in yoga teaching as expected by peers, practitioners and the yoga community. Lime House Yoga teachers must be competent to deliver the services being offered and not teach beyond their knowledge, experience or scope of yoga practice, recognising when the limits and boundaries of our profession have been reached.

Integrity is a key principle in yoga and all teachers, studios and trainees have a responsibility to ensure their personal and professional behaviour is congruent with Lime House Yoga values.

It should be noted that qualified Yoga Therapists have a separate specified scope of practise.

### Definitions

Scope of Practise - is defined here as the procedures and actions a teacher is allowed to undertake while staying within the boundaries of their experience, qualifications, and in some countries, local and national laws or professional license.

Teacher – the term 'teacher' refers to any Lime House Yoga faculty member, teacher, studio, volunteer or trainee teacher who is offering the yoga practice to another person.

Practitioner – the term 'practitioner' refers to a person undertaking a yoga practice.

Yoga practice - may encompass a range of subjects including but not limited to asana, meditation, pranayama, Ayurveda, chanting, anatomy or philosophy.



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Assisting/Assists – a verbal, physical or demonstrative way of supporting a practitioner to vary the asana posture in a way that supports a person’s physical, mental and emotional wellbeing and development

Variation – an alternative way of undertaking or practising an asana, pranayama technique or meditation that supports a person’s physical, mental and emotional wellbeing and development

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1. A Lime House Yoga teacher <b>is qualified</b> to:	A Lime House Yoga teacher <b>is not qualified</b> to:
<ul style="list-style-type: none"> <li>Teach in a way that honestly, accurately and fairly represents the benefits and outcomes of the yoga practice and responsibly reflects their yoga education, experience and qualifications</li> </ul>	<ul style="list-style-type: none"> <li>Work with practitioners presenting with issues outside of the teacher’s area of competence or expertise.</li> </ul>
<ul style="list-style-type: none"> <li>Teach yoga practices such as asana, pranayama, meditation, chanting and philosophy to practitioners within the scope of their knowledge and skills and for which the teacher has received appropriate education and training</li> </ul>	<ul style="list-style-type: none"> <li>Advertise themselves as a healthcare or otherwise regulated practitioner, unless they are also a licensed healthcare practitioner</li> </ul>
<ul style="list-style-type: none"> <li>Make adjustments to postures by verbal or physical assistance to the area of the body that requires it with the practitioners consent and in line with the Lime House Yoga Ethical Framework and Safe Spaces Policy and in accordance with local laws</li> </ul>	<ul style="list-style-type: none"> <li>Perform manipulations, massage or other bodywork unless appropriately qualified to do so</li> </ul>
<ul style="list-style-type: none"> <li>Use their understanding of contraindications and benefits of yoga practises to offer variations of yoga practices that support the practitioner to manage their own physical, mental, emotional or spiritual health</li> </ul>	



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<ul style="list-style-type: none"> <li>Teach 1-2-1 sessions with individual practitioners that may involve the co-creation of a plan or goals for their practice</li> </ul>	<ul style="list-style-type: none"> <li>Overlay their own beliefs or judgements about what they feel a practitioner 'needs'</li> </ul>
<ul style="list-style-type: none"> <li>Understand the range of mental and physical health issues a practitioner may have or exhibit</li> </ul>	<ul style="list-style-type: none"> <li>Diagnose physical or mental health conditions or presentations. Undertake or offer any form of psychological counselling unless appropriately qualified to do so</li> </ul>
<ul style="list-style-type: none"> <li>Share knowledge about lifestyle changes that may be helpful for practitioners in improving their health and wellbeing within the scope of the holistic yoga practice</li> </ul>	<ul style="list-style-type: none"> <li>Prescribe or recommend specific lifestyle changes outside of the yoga practice unless appropriately qualified to do so</li> </ul>
<ul style="list-style-type: none"> <li>Signpost practitioners to support organisations and networks for issues that are outside the teacher's knowledge or professional expertise</li> </ul>	<ul style="list-style-type: none"> <li>Recommend organisations for issues that are outside the teacher's knowledge or professional expertise</li> </ul>
<ul style="list-style-type: none"> <li>Provide clear instructions for any home practice that may be recommended together with appropriate feedback mechanisms</li> </ul>	<ul style="list-style-type: none"> <li>Suggest or recommend that yoga should be a substitute for other healthcare treatments or practices</li> </ul>
<ul style="list-style-type: none"> <li>Foster a practitioner's own support networks, independent self-practise and responsibility for their own wellbeing</li> </ul>	

2. A Lime House Yoga teacher by virtue of their knowledge of health, anatomy and physiology <b>is qualified</b> to:	A Lime House Yoga teacher <b>is not qualified</b> to:
<ul style="list-style-type: none"> <li>Have a basic understanding of typical anatomical conditions and diseases and associated contraindications and may use this understanding to inform their recommendations of suitable variations of the yoga practice for each practitioner</li> </ul>	<ul style="list-style-type: none"> <li>Diagnose physical conditions</li> <li>Recommend treatment for physical health conditions</li> </ul>
<ul style="list-style-type: none"> <li>Have a basic understanding of mental health issues and conditions and may use this understanding to</li> </ul>	<ul style="list-style-type: none"> <li>Diagnose mental health issues or conditions</li> </ul>



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inform their recommendation of a suitable variations of the yoga practice for each practitioner	<ul style="list-style-type: none"> <li>Recommend treatment for mental health issues or conditions</li> </ul>
<ul style="list-style-type: none"> <li>Understand and integrate information provided by diagnoses from other qualified healthcare or bodywork professionals</li> </ul>	

3. A Lime House Yoga teacher <b>is qualified</b> to communicate with other health practitioners to:	A Lime House Yoga teacher <b>is not qualified</b> to:
<ul style="list-style-type: none"> <li>Understand and integrate information provided by diagnoses from other qualified healthcare or bodywork professionals in consultation with them</li> </ul>	<ul style="list-style-type: none"> <li>Interpret raw medical or psychological diagnostic test results unless qualified to do so</li> </ul>
	<ul style="list-style-type: none"> <li>Advise or make recommendations about other healthcare treatments other than referring or signposting practitioners to appropriate services unless qualified to do so</li> </ul>
	<ul style="list-style-type: none"> <li>Prescribe nutritional food, supplements or herbs unless qualified to do so</li> </ul>
	<ul style="list-style-type: none"> <li>Suggest, advise or recommend someone ceases medication prescribed by another healthcare practitioner</li> </ul>

4. As part of their professional practice, a Lime House Yoga teacher <b>is required</b> to:	
<ul style="list-style-type: none"> <li>Maintain all qualifications and ongoing professional development requirements</li> </ul>	
<ul style="list-style-type: none"> <li>Maintain a relationship with an Lime House Yoga recognised supervisor or mentor and recognise when issues need to be discussed with them</li> </ul>	



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<ul style="list-style-type: none"> <li>Act in a manner which honours the yoga profession and the position of responsibility which a yoga teacher should uphold</li> </ul>	
<ul style="list-style-type: none"> <li>Maintain confidentiality of practitioner records and meet the requirements of the General Data Protection Regulations 2018 (or local/national regulations)</li> </ul>	
<ul style="list-style-type: none"> <li>Comply with the following Lime House Yoga policies:               <ul style="list-style-type: none"> <li>Ethical framework</li> <li>Practitioner-teacher guidelines</li> <li>Safe spaces policy</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li>Observe all applicable national or state laws relating to the practice of healthcare or bodywork</li> </ul>	
<ul style="list-style-type: none"> <li>Maintain their own personal holistic yoga practice</li> </ul>	
<ul style="list-style-type: none"> <li>Cooperate fully with any Lime House Yoga grievance process in relation to behaviour and responsibilities as a member</li> </ul>	

5. As part of their professional practice, a Lime House Yoga teacher <b>is encouraged</b> to:	
<ul style="list-style-type: none"> <li>Acquire and keep up to date with the current evidence base on yoga practice</li> </ul>	
<ul style="list-style-type: none"> <li>Maintain a network of local practitioners, organisations or groups for the purpose of referrals in order to support their practitioners holistic health and wellbeing needs</li> </ul>	



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Signed: 

Date: 28<sup>th</sup> May 2025

Insert Job Title: Lime House Director

Review Date: 30<sup>th</sup> May 2026