



CODE OF CONDUCT

1. We practice active listening and emotional intelligence to support each other
2. We do not offer unsolicited advice
3. We take 100% personal responsibility for getting the maximum from MYC
4. We develop a personal yoga practice outside of MYC meetings
5. We assume the best of others and give the benefit of the doubt
6. We seek support through the appropriate channels and ask questions in the right places
7. We practice self-care on a regular basis
8. We celebrate, respect and welcome all participants in MYC
9. We are open to new ideas and come prepared for each session with a willingness to stretch and grow, approaching things we don't understand with curiosity and an open mind
10. Most importantly, we maintain an attitude of flexibility and fun