



You Are the Authority of Your Body Policy

As of August 15, 2025

At The Aura House, we hold the belief that YOU ARE THE AUTHORITY OF YOUR OWN BODY. Although you come to class to receive guidance from an instructor, ultimately, you know your body best and are encouraged to move in ways that FEEL GOOD FOR YOU. Instructors will often cue several options or modifications for postures/movements. It is up to you which option you would like to take for yourself at any given moment.

It is important to remember that your instructors are not mind readers. If you are rehabilitating an injury, moving through life changes or challenges, or just starting to develop a deeper awareness of your body, we hope that you'll feel comfortable sharing those things with us so that we can be better guides for you.

The best time to reach out about these things is BEFORE class begins. You could:

- A. Connect with the studio via phone (833 433 5383)
- B. Email the studio hello@theaurahouse.ca
- C. Come to class at least 10 minutes early so that you can share the information directly with your instructor.

If you're not able to reach out *before* class begins, the next best time is DURING class. We would rather you advocate for yourself by speaking up and asking questions during class than have you try to move through things 'alone'. That being said, we know that it isn't always easy to open up to new people and also understand if you would rather navigate your practice in your own way.

Just know that it is NEVER 'too late' to fill us in on what's going on for you and we'll be there for whatever it may be :)

Ultimately Be kind to yourself :)

Simple ... yet profound

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If you have questions or concerns, please reach out to hello@theaurahouse.ca or call 833 433 5383

Consent Cards

Consent cards are a way for our instructors to make sure that they are not invading your space in a way that makes you feel uncomfortable or unsafe. Some people love hands-on assists and encouragements in class, and some don't. By using the consent cards, your preference is kept private, known only by you and the instructor. They allow you to continually reassess how you're feeling over the course of your practice, and to keep the instructor informed without having to deal with the pressure of saying it out loud in front of your peers or fear of offending the instructor. They require no defence or explanation, and are there so that you can fully unwind in your practice.

The green side welcomes the instructor into your space for gentle hands-on assists and encouragements, and the yellow side asks them to allow you to work through your practice on your own. You can change from one side to the other at any point during the practice if you feel called – free of fear and judgement. Consent cards are another way that we're able to reinforce our policy that you have full authority over your own body. You don't have to do anything that doesn't feel good— including allowing others into your sacred space.



If you have questions regarding Consent Cards or our 'You Are the Authority of Your Body' Policy, please don't hesitate to reach out. We're here to help you unfold and unwind, unashamed, and unbound.

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