

The Butterfly Technique

Guidelines for Facilitators

Purpose

This document outlines the role of yoga teachers in facilitating the Butterfly Technique as a self-practice during classes, ensuring clarity around scope, boundaries, and alignment with the Technique's philosophy.

Introduction

The Butterfly Technique is a simple yet profound self-care tool designed to empower individuals to care for their spine health. It is a gentle, evidence-based practice that works with the body's natural intelligence to release tension and realign the spine.

Yoga teachers can play a valuable role in supporting their students by holding space for self-practice of the Butterfly Technique during classes. This document clarifies the scope of practice for facilitators and provides guidelines for creating a safe, supportive environment.

Important

As a facilitator, you are not teaching the Butterfly Technique or providing individual instruction. Your role is to hold space for those who have already learned the Technique and are confident in their self-practice. All participants must provide evidence that they have learned the Butterfly Technique, such as completion of the video series, attendance at a workshop, or direct instruction from a certified practitioner.

Scope of Practice

As a facilitator of the Butterfly Technique, your primary role is to hold space for self-practice, not to teach or provide individual instruction. You are there to:

- Introduce the Butterfly as a tool for self-care and alignment.
- Provide a safe, calming space for students to explore the Butterfly Technique independently.
- Guide students in understanding how the Butterfly Technique supports health and can enhance all aspects of their practices - relaxation, posture, movement, mindfulness and breathwork.
- Encourage students to listen to their body's natural intelligence and observe their experience.
- Ensure that all participants have already learned the Butterfly Technique, are confident in using it, and provide evidence of this (e.g., completion of the video series, workshop attendance, or instruction from a certified practitioner).

As a facilitator, it is outside your scope of practice to:

- Diagnose or treat back pain or any other condition.
- Offer personalised adjustments or modifications.
- Teach the full Butterfly Technique step-by-step - this is reserved for certified practitioners or self-directed learning via the official video series.
- Provide one-to-one guidance on use.

Yoga teachers are not authorised to teach the Butterfly Technique or provide one-to-one guidance on its use. This role is reserved for certified practitioners or the individual's own self-practice.

Best Practices for Facilitators

Set Clear Expectations

- Explain that you are facilitating self-practice and not teaching the Butterfly Technique.
- Ensure all participants have prior experience and evidence of learning the Butterfly Technique.

Keep It Simple

- Focus on introducing the Butterfly and guiding students into relaxation.
- Avoid overloading students with technical details.

Refer to Resources

- Direct students to the online video training or certified practitioners for deeper guidance.

Create a Safe Environment

- Encourage students to listen to their body and stop if they feel discomfort.
- Avoid making claims about the Butterfly Technique's effects - let the experience speak for itself.

Documentation and Records

As a facilitator, you are responsible for ensuring that every participant has provided a signed copy of the **Butterfly Technique Policy for Sacred Self-Practice**.

Keep these on file for your class records and for safeguarding your professional boundaries.

Conclusion

By facilitating self-practice of the Butterfly Technique, you empower your students to take control of their spine health in a gentle, non-invasive way. Your role as a yoga teacher is to hold space, inspire curiosity, and guide students toward greater self-awareness and alignment.

For any concerns, questions or resources, please contact:
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