

The Butterfly Technique

Policy for Sacred Self-Practice

The Butterfly Technique is a therapeutic method designed to facilitate the natural realignment of the spine through precise positioning and deep relaxation. It is a deeply personal practice that taps into the body's innate intelligence, allowing for profound physical, emotional, and energetic release.

While yoga classes can provide a natural setting for the Butterfly Technique, it is important to clarify that the Technique itself is not designed for direct group instruction or to be taught as a general yoga practice. Instead, yoga teachers are encouraged to hold space for self-practice, supporting participants who have already learned the Technique and are confident in using it safely and independently.

This policy outlines the boundaries and responsibilities for both facilitators and participants to ensure the practice remains safe, empowering, and true to its philosophy.

Protecting Students, Facilitators and the Integrity of the Butterfly Technique

The Butterfly Technique is both a self-care tool and a therapeutic method, designed to work with the body's natural intelligence for realignment and release.

While yoga teachers are highly skilled in guiding movement and mindfulness, most do not have the specialist training or insurance needed to offer therapeutic modalities.

Their professional scope does not include therapeutic assessment or advice, and it's important to honour these boundaries. By maintaining this distinction, we protect yoga teachers from unfair expectations and ensure the integrity and safety of the Butterfly Technique for all involved.

Creating a Safe Space for Self-Practice

Practising the Butterfly Technique can bring about deep physical and emotional release, which is why the environment matters. Yoga classes can provide the perfect opportunity to create a supportive, intentional space. Within a class setting, the facilitator's role is to cultivate a calm, non-judgmental atmosphere where each participant feels safe to explore self-practice.

The Butterfly Technique beautifully complements and enhances all aspects of yoga practice - relaxation, posture, movement, mindfulness, and breathwork.

By integrating the Technique into their classes, yoga teachers empower students to deepen their awareness, support spinal alignment, and experience greater ease both on and off the mat.

Facilitators are trained to set clear boundaries, respect privacy, and encourage self-responsibility, ensuring that everyone can engage with the Technique at their own pace and comfort level. This is why we encourage yoga teachers to offer the Butterfly Technique as a facilitated self-practice: it not only honours the sacredness of the method, but also enriches the overall yoga experience for every participant.

How the Butterfly Technique is Best Taught and Practised

One-to-One Guidance: The Butterfly Technique is best taught in private, one-to-one sessions where individual needs and conditions can be addressed with care and precision by a certified practitioner.

Empowered Self-Practice: Individuals may learn and practise the Technique independently at home by following the official steps provided in the video series and other instructional materials. This enables ownership of the practice and a personal healing journey.

Summary for Facilitated Self-Practice in Class Settings

- Yoga Teachers and other certified facilitators do not teach the Butterfly Technique. Their role is to hold space for self-practice only.
 - Participants must have learned the Butterfly Technique before attending and be confident in their self-practice. Evidence of completion, such as a certificate from online training, attendance at an approved workshop, or confirmation from a certified practitioner, must be provided and recorded by the facilitator.
 - Facilitators are not responsible for therapeutic guidance, adjustments, or individual instruction. Any questions or concerns about the Technique should be directed to a certified practitioner.
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Participant Acknowledgement

By signing this document, I confirm that:

- I have learned the Butterfly Technique through official channels and am confident in my self-practice.
- I understand that the facilitator's role is to hold space for self-practice, not to teach, advise, or adjust.
- I take responsibility for my own well-being during the session and will practise within my comfort and capability.
- I will seek guidance from a certified practitioner if I have any questions or concerns.

Participant Name:

Signature:

Date:

Facilitator Name: