



Statement of Ethics

Patanjali's Yamas and Niyamas form the basis of our ethics.

We encourage you to return to these ethical guidelines throughout your teaching for purposes of honest reflection, as the nuance of them will be brought to life in your teaching and practice.

1. **Ahimsa – Nonviolence and Compassion** As yoga teachers we seek to do no harm to others and to act with care and compassion.
2. **Satya – Truthfulness** As yoga teachers we act truthfully at all times.
3. **Asteya – Not stealing** As yoga teachers we only take what is rightfully ours.
4. **Brahmacharya – Self-Restraint in the path to wholeness** We recognise that the teacher – student relationship exists to serve the deepest goals of yoga. Thus we practise self-restraint and direct our energy and actions toward these deep aims of yoga.
5. **Aparigraha – Non-clinging** As yoga teachers we practise the principle of nonattachment and generosity and we welcome change, acknowledging the natural abundance of life.
6. **Sauca – Purity/Cleanliness** As yoga teachers we cultivate purity of body, mind and environment. This includes fostering clarity of intention, ongoing self-care and a clean environment for yoga practice.
7. **Santosha – Contentment/Happiness** As yoga teachers we practice an active acceptance of the present thus developing deep happiness.
8. **Tapas – Discipline** As yoga teachers, we are dedicated to a disciplined and committed yogic lifestyle.
9. **Swadhyaya – Self-Study** As yoga teachers we are committed to ongoing self-reflection and continued learning.
10. **Ishvarapranidhana – Relationship with Wholeness** Our aim as a yoga teacher is to serve the deepest goals of yoga. We honour and encourage an on-going relationship with innate wholeness and oneness with all life.