

Code of Ethics or Ethical Rules



(From Mary Stewart's Yoga Teacher Training Course 1999-2001)

Based on Patanjali's sutras and the concepts of **Yama and Niyama**

Yama

Ahimsa - non violence

- don't impose your beliefs on others
- don't abuse power
- don't be judgmental of other teachers or students.
- treat everyone equally
- don't be unkind & don't harm anyone emotionally or physically
- take care when touching (see teaching handouts)

Satya - truthfulness

- teach from your own experience
- admit when you don't know the answer and refer students on when necessary
- answer honestly
- recognise your strengths, and your weaknesses
- recognise the boundaries of what you are teaching

Asteya - non stealing

- don't entice other people's students away - make your own path
- don't take too much money- charge reasonably for what you are offering
- don't steal students by undercutting everyone else's prices

Bramacharya- chastity

- refrain from sexual or emotional involvement with students
- keep classes simple and direct- free from any sexual innuendoes or any possibility of actions/intentions being misinterpreted

Aparigraha- not hoarding

- don't 'need' your students
- don't hold onto your students - we are all on different paths
- encourage independence

Niyama - personal observances

Saucha - purity

- personal cleanliness
- keep instructions clear- don't muddle yoga with other things

Santosha - contentment

- keep calm in class
- recognise that others will always be able to do some things better than you do
- remember that some students will prefer other teachers - no teacher can suit everybody

tapas - austerity

- practice is the foundation for all teaching
- yoga is a way of life that is based on practice
- put your students first
-

Svadyaya - study

- you have a duty to your students and to your fellow teachers to be informed and up to date - enjoy furthering your understanding
- understand the boundaries of what you are teaching through your practice
-

Isvara pranidhana - devotion to god

- recognise the inner light and the honest simple core in each and every pupil and don't play at being a guru