

Ethics of a Yoga Teacher

To help guide Yoga teachers ethically, here is a list of ethics I wish all Yoga teachers to uphold:

1. Yoga teachers will devote ourselves to practicing Yoga as a way of life.
2. Yoga teachers will devote ourselves to remain “students of Yoga” throughout our lives by continuing to study the art, science and philosophy of Yoga to become better Yoga teachers.
3. Yoga teachers will treat all beings with respect, including our students.
4. Yoga teachers will respect and honor the long line of venerable teachers who came before us, dedicating ourselves to maintaining exceptional standards of professional competence and integrity.
5. Yoga teachers will endeavor to accurately represent our education, training and experience relevant to teaching our style of Yoga.
6. Yoga teachers will strive not to be critical of any other style of Yoga or Yoga Teacher, but use fairness in evaluating the circumstances.
7. Yoga teachers will express truthfulness in all relationships with students, family and community.
8. Yoga teachers will welcome all students regardless of race, gender, sexual orientation, financial status or national origin.
9. Yoga teachers will refer students to other qualified Yoga teachers when we do not possess the skills to teach them safely and properly (i.e. specific injuries or physical disabilities).
10. Yoga teachers will acknowledge the power differential between student and teacher and avoid exploiting the trust and potential dependency of such students. Teachers can instead encourage the student to find his/her own inner strength and wisdom and possibly refer the student to another qualified Yoga teacher.
11. Yoga teachers will earnestly cultivate a high level of integrity and purity in matters of personal habits and decorum inside and outside the classroom.
12. Yoga teachers will avoid any form of sexual harassment with students and are honest in our own sexual relationships. If a consenting sexual relationship is desired between teacher and student or former student, the teacher will seek immediate counsel with our peers before taking any further actions, as students are usually consenting. We will also refer to the yamas and niyamas as guidelines for appropriate physical action. It is recommended to wait 1-3 years after the student-teacher relationship has ended before forming a solid relationship.