



STATEMENT

23 MARCH

On the afternoon of Friday 20 March the Prime Minister announced further changes to the advice around indoor gatherings. Under this advice there must be no more than one person per four square metres of floor space. For yoga teaching spaces, this would be the equivalent of 2m spacing between mats.

We also note that in his speech, Mr Morrison referred to the need to further refine advice for particular regions and locations in Australia, to meet specific conditions in those areas. The latest information on Covid-19 can be found on the [Australian Department of Health website](#).

In light of this advice, the Board of Yoga Australia has taken careful consideration of the concerns you have expressed as our community. We have heard your feedback around the uncertainty of this constantly changing situation and recognise the need to present a clear opinion at this time. We have been guided by our [Statement of Ethics](#), in particular:

- Ahimsa (Nonviolence and Compassion) - as yoga teachers we seek to do no harm to others and to act with care and compassion.

- Aparigraha (Non-clinging) - as yoga teachers we practise the principle of nonattachment and generosity and we welcome change, acknowledging the natural abundance of life.
- Saucha (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.

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We are aware that this stance exceeds yesterday's Government requirements and fully respect your position if you do choose to remain open. In this case, please ensure that you follow the guidance provided by the Department of Health and your relevant local and state authorities. You will find links and further information below. Yoga Australia is closely monitoring the situation and will continue to keep you updated via our website, newsletter, emails, Instagram and Facebook feeds.

We want you to know that you, our members, are at the centre of all we do. We hear your concerns; both about the need to earn a living and keep your businesses afloat, but also, the need to continue to support your communities, especially those frail and vulnerable participants who may not be able to access online options.

We exist because of you and we will continue to do our very best to support you through these very challenging times. No matter how you choose to proceed, we will be providing ongoing resources and education for our members to assist in your ability to continue to share yoga. Our first discussion panel titled 'Taking Your Teaching Online' will be available for download on Monday.

We are listening to you. Keep talking to us. We will be trying to connect directly with as many of you as possible. We can, and will, do our very best to adapt to your needs and help you with practical and credible information and peer to peer support.

To that end, here is what members can expect in the next days and weeks:

- A weekly discussion panel – each Thursday at 4pm EST. Our first panel on Thursday 19 March covered how to take your yoga classes online, with practical and affordable options. Next week on Thursday 27 March, we will focus on financial survival, business adaptability and transformation including the Government’s Stimulus Package, tips on cash flow budgeting and insurance information. These panels are free to members, can be streamed afterwards are worth 2 CPD points.
- Blog posts. We will be publishing a range of practical blog posts on topics relating to teaching online, building community online and summarising government advice relevant to the yoga community.
- Financial Support: The option for quarterly membership renewal payments and waiving of late fees
- Social media updates:
- Teacher training adjusted for online
- CPD recognition for Yoga Australia online training and events

Let’s stand together as a community to do whatever we can to give our hospitals and healthcare workers a better chance to adapt to the inevitable surges in demand. It is also critical that despite the spatial distance, we do what we can to continue to foster a strong sense of social connectedness.

Yoga Australia are committed to working towards Quality Yoga for all of Australia, and seeking whatever ways we can to help yoga teachers share in this goal.

Kym McDonald – Yoga Australia President

Janet Hopkins– CEO Yoga Australia