

Statement of Ethics

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Background

Yoga is a system of self-investigation, self-transformation and self-realisation. Its practices and lifestyle aim to integrate the body, mind, heart and spirit and awaken students to their innate wholeness. The role of the yoga professional is to guide and support students/clients in their practice of yoga. Yoga Professionals aim to nurture the physical, emotional, psychological, social and spiritual well-being of students/clients.

Statement of Purpose

This Statement of Ethics guides yoga professionals in their work of supporting students'/clients yoga practice. It is based on the traditional yogic ethical principles, the yamas and niyamas, as outlined in Patanjali's Yoga Sutras. This Statement of Ethics reflects the timeless, living principle that our essential nature is awake, aware, compassionate and peaceful.

This Statement of Ethics underpins the Yoga Australia Code of Professional Conduct which contains more specific guidance.

Ahimsa – Nonviolence and Compassion

As yoga professionals we seek to do no harm to others and to act with care and compassion.

Satya – Truthfulness

As yoga professionals we act truthfully at all times.

Asteya – Not Stealing

As yoga professionals we only take what is rightfully ours.

Brahmacharya – Self-Restraint in the Path to Wholeness

We recognise that the professional – student/client 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.

Aparigraha – Non-clinging

As yoga professionals we practise the principle of nonattachment and generosity and we welcome change, acknowledging the natural abundance of life.

Sauca – Purity/Cleanliness

As yoga professionals we cultivate purity of body, mind and environment. This includes fostering clarity of intention, ongoing self-care and a clean environment for yoga practice.

Santosha – Contentment/Happiness

As yoga professionals we practice an active acceptance of the present thus developing deep happiness.

Tapas – Discipline

As yoga professionals, we are dedicated to a disciplined and committed yogic lifestyle.

Swadhyaya – Self-Study

As yoga professionals we are committed to ongoing self-reflection and continued learning.

Ishvarapranidhana – Relationship with Wholeness

Our aim as a yoga professional is to serve the deepest goals of yoga. We honour and encourage an on-going relationship with innate wholeness and oneness with all life.