



TEACHERS CODE OF PRACTICE

1. Professional Ethics of an Iyengar Yoga Teacher

Iyengar Yoga teachers are required to:

- 1.1 dedicate themselves to studying, teaching, disseminating, and promoting the art, science and philosophy of yoga according to the teachings and philosophy of BKS Iyengar, and to maintaining high standards of professional competence and integrity. (*Tapas*, ardor)
- 1.2 study and stay current with the teaching and practice of yoga as taught by BKS Iyengar and the Iyengar family. This can be done directly by study with Mr Iyengar and the Iyengar family or indirectly by participation in BKSIIYAA activities and study with certified Iyengar Yoga teachers of at least one higher level of certification. (*Svadhya*, study of the self)
- 1.3 accurately represent their education, training, and experience. (*Satya*, truthfulness)
- 1.4 while teaching, not to mix the techniques of Iyengar Yoga with any other systems of yoga, or with any other discipline. (*Aparigraha*, non-coveting)
- 1.5 refrain from being publicly critical of other Iyengar Yoga teachers' character or of other systems of yoga. (*Ahimsa*, non-violence)

2. Responsibility to Students and Community

Iyengar Yoga teachers are required to:

- 2.1 be truthful. (*Satya*, truthfulness)
- 2.2 welcome students regardless of race, gender, religion, national origin, sexual preference, or physical disability (skill level of teacher permitting). (*Ahimsa*, non-violence)
- 2.3 teach responsibly and with compassion having regard to their own limitations and those of their students.
- 2.4 treat students with respect and honour the trust placed in them as a teacher.
- 2.5 refrain from having ambiguous relationships with students and from behaving toward a student in a manner that could be interpreted as harassment, including sexual. (*Ahimsa*, non-violence, *Bramacharya*, continence, *Aparigraha*, non-coveting)

3. Personal Responsibility

Iyengar Yoga teachers are required to:

- 3.1 maintain a clean and well-groomed appearance. (*Sauca*, purity)
- 3.2 dress in a modest manner while teaching yoga. (*Sauca*, purity, and *Bramacharya*, continence).
- 3.3 refrain from the misuse of drugs and alcohol. (*Sauca*, purity)

4. Applicability of BKSIIYAA Teachers' Code of Practice

- 4.1 This Teachers' Code of Practice is not exhaustive. Its failure to address any particular conduct does not mean that the conduct is necessarily ethical or unethical. Teachers should adhere to and honour classical and legal codes of conduct.
- 4.2 Lack of familiarity with, or misinterpretation of, this Teachers' Code of Practice does not justify unethical conduct.
- 4.3 Failure to cooperate in an ethics investigation or proceeding by the BKSIIYAA Ethics Committee is a violation of these guidelines.
- 4.4 An Iyengar Yoga teacher who is uncertain of how the Teachers' Code of Practice should be applied in a particular situation should contact the BKSIIYAAA Ethics Committee for guidance before acting.

The *yamas* and *niyamas* and their English translation are shown in parentheses where appropriate