



EKA Yoga Institute | a yoga therapy, research and education centre

Teacher Manifesto

I. Statement of purpose

We are aware of the hierarchical structure characterizing the Student – Teacher relationship in the context of yoga. We also believe that it is the teacher’s responsibility to frame this relationship, in order to provide a safe environment for the student to evolve physically, mentally and spiritually.

II. Code of Ethics

We acknowledge that we, as teachers, must be mindful of establishing boundaries that are appropriate and professional in our relationships with students.

In this regard, we strive to conduct ourselves according to the fundamental principles outlined in the Yoga-Sutra of Patañjali as *yama* and *niyama*.

1. We are first and foremost students of yoga and as such we are committed to maintaining our own regular personal practice as a vector of personal evolution.
2. An essential part of this process is the regular connection with our mentor / supervisor who supports and guides us; this person is also here to clarify any doubts we might have with regards to students asking for our help.
3. As mentor and teacher to our own students, we give them help and guidance within the scope of our knowledge and competence, to the best of our abilities.
4. We do not discriminate or refuse professional help on the grounds of gender, age, race, nationality, sexual preference or religious belief.
5. Yoga is not a substitute for medical care. We do not advise our students to cease or reduce medical treatments.



6. We acknowledge the limitations of our knowledge and where applicable we refer our students to medical professionals and / or therapists if we believe that it is what they need.
7. We manage our personal life in a healthy fashion and would seek professional help to solve our issues and conflicts, should we need it.

III. Professional practices:

1. As a service provider, we work for a financial retribution, not for donations, and we do not give credit for our services.
2. We at times render services to individuals or groups without expecting any financial reward.
3. All fees and other financial arrangements are made clear from the outset.
4. We do not receive or pay commissions for referrals of yoga students
5. We view our knowledge, services and professional associations as being for the benefit of the people we serve, and we do not use them to gain unfair personal advantages.
6. We do not promote the bartering or exchanging of goods or services for yoga classes.
7. We do not engage in the sale or resale of any retail items, whether related to yoga or not, such as yoga clothes and accessories, health supplements, etc. The exceptions may be the sale of books that we believe are of use in our yoga education programs.

IV. Student - Teacher relationship:

1. We do not make exaggerated claims about the benefits of yoga and any of its techniques; we avoid unrealistic statements about the same.
2. We are sensitive of our students' religious, moral and ethical beliefs and will not promote our own or any other belief system in the context of teaching.



3. We recognize the trust placed in the teacher by the students and the power that the teacher may derive from it. We are therefore mindful to avoid taking advantage of this trust. We do our best to remain humble, keeping in mind that our relationship with the student must be the foundation that supports him / her in all circumstances.
4. All forms of sexual behaviour with a student are unethical, even if the student is consenting, and will result in the end of the Student - Teacher relationship.
5. The teacher may encourage the student to seek another teacher / mentor in certain situations, if the teacher believes that it is in the interest of the student.
6. It is our obligation to maintain strict privacy in all exchanges with students. The information shared with us is absolutely confidential; we do not discuss a student's situation with an external party unless it has been specifically requested or permitted by the student. Examples of such situations are: sharing information with a parent about a child, when there is clear danger for the student's welfare, or when it is necessary to discuss with a health professional.
7. On occasions, we use photographs or videos of our students on our website or on social media. We always ask for their permission before publishing.
8. We do not share the contact information of our students unless they have authorised us to do so.
9. If we mention a student as a case study in a pedagogic context (teacher training courses etc.), the identity of the student is not revealed.