

APPENDIX B

ETHICAL GUIDELINES FOR IYENGAR YOGA TEACHERS

The B.K.S. Iyengar Yoga Institute of Southern Africa, the Central Committee of the Institute herein sets out guidelines for the ethical conduct of Iyengar Yoga teachers. Pursuant to the wish of our teacher B.K.S. Iyengar, these uniquely embody the Yamas and Niyamas while being in keeping with the laws of South Africa and with its social climate. The guidelines are reasonable, yet set high standards for the individual, social and professional conduct expected of all member teachers of the B.K.S. Iyengar Yoga Institute of Southern Africa.

1. PROFESSIONAL ETHICS OF IYENGAR YOGA TEACHERS

Iyengar Yoga teachers are dedicated to maintaining impeccable standards of professional competence and integrity.

- a) Iyengar Yoga teachers dedicate themselves to the study, teaching, dissemination and promotion of the art, science and philosophy of Yoga as propounded by B.K.S. Iyengar (*Tapas*).
- b) Iyengar Yoga teachers strive to remain abreast of and continue their studies of the methods given by B.K.S. Iyengar and family, either directly by attendance at the Ramamani Iyengar Memorial Yoga Institute in Pune, or elsewhere; or indirectly by participation in the activities of the B.K.S. Iyengar Yoga Institute of Southern Africa. Study should be with Iyengar Yoga teachers certificated at a higher level – that is, the teacher in training should be at least one level below the teacher (*Svadyaya*).Iyengar
- c) Yoga teachers strive to present and exemplify their education, training and experience accurately and honestly in teaching Iyengar Yoga (*Satya*).
- d) When teaching, Iyengar Yoga teachers do not mix the teachings of Iyengar Yoga with any other disciplines (*Aparigraha*).
- e) Iyengar Yoga teachers do not in public or in class criticise other systems of Yoga, nor do they criticise the work or the character of other Iyengar Yoga teachers in their absence (*Ahimsa*).
- f) Any advertising that an Iyengar Yoga teacher deems necessary should be done in a discreet and professional manner, and any claim of superior knowledge or training qualification shall be considered unethical.
- g) Iyengar Yoga teachers should not use the figure and temple trademark design (*Hanumanasana*) registered in South Africa in Mr Iyengar's name. This service mark is reserved for use solely by the Institute Central Committee and its Regional offices.
- h) Iyengar Yoga Teachers who have fulfilled the appropriate requirements are entitled to use the Certification Mark (*Natarajasana*) also registered in South Africa on stationery and for advertising purposes.
- i) It is unethical for any Iyengar Yoga teacher to misuse the work or the reputation of the Institute for personal benefit, financial gain or publicity, or to use the Institute, or their own classes, as a platform for political or religious dogma.

2. RESPONSIBILITY TO STUDENTS AND COMMUNITY – SOCIAL ETHICS

Iyengar Yoga teachers are committed to enhancing the general health and well-being of their students and the community in which they live. This includes respect for the rights and opinions of their students and the observance of local laws.

- a) Iyengar Yoga teachers are truthful in all dealings with their students and the community (*Satya*).
- b) Iyengar Yoga teachers welcome all students regardless of race, gender, sexual orientation, financial status, national origin, or physical disability (skill level of teacher permitting) (*Asteya*).
- c) Iyengar Yoga teachers should recommend that a student suffering from a complaint seek medical advice, and the work of a teacher may not encroach on or usurp medical practice.
- d) Information of a personal nature that passes between a student and an Iyengar Yoga teacher must be respected and held in confidence.
- e) Iyengar Yoga teachers avoid any sexual harassment of students and are honest in their intimate relationships (*Ahimsa; Brahmacharya*).
- f) Iyengar Yoga teachers recognise that they are in a position of power in the classroom and accept the responsibility inherent in the relationship between teacher and student. They do not exploit the trust and potential dependency of their students (*Ahimsa; Aparigraha*). Iyengar Yoga teachers must be alert to the fact that relationships between teacher and student outside the classroom may compromise the student-teacher relationship, especially if the relationship is an intimate one.
- g) If possible, Iyengar Yoga teachers generously assist students to find another Iyengar Yoga teacher when requested, especially if the student-teacher relationship has been compromised (*Aparigraha*).
- h) Iyengar Yoga teachers recognise the importance of sincerity in teaching, and do not approach the work casually or carelessly (*Tapas*).

3. PERSONAL RESPONSIBILITY OF IYENGAR YOGA TEACHERS – INDIVIDUAL ETHICS

Iyengar Yoga teachers cultivate purity of body, mind and lifestyle (*Sauca*), and so set an example for their students.

- a) Iyengar Yoga teachers are clean and well-groomed (*Sauca*).
- b) In the classroom, Iyengar Yoga Teachers are modestly dressed (*Sauca* and *Brahmacharya*).
- c) Iyengar Yoga teachers do not abuse substances such as drugs and alcohol (*Sauca*).

4. RESPONSIBILITY TO THE ETHICAL GUIDELINES OF THE B.K.S. IYENGAR YOGA INSTITUTE OF SOUTHERN AFRICA

Iyengar Yoga teachers are bound to these Ethical Guidelines by virtue of their membership of the B.K.S. Iyengar Yoga Institute of Southern Africa.

- a) The Ethical Guidelines of the B.K.S. Iyengar Yoga Institute of Southern Africa are not absolute and do not cover every eventuality. The fact that a given conduct is not specifically addressed in the Ethical Guidelines does not necessarily mean that it may be interpreted as ethical or unethical. Generally accepted codes of conduct should be honoured and adhered to, as well as South African law.

- b) Lack of familiarity with or misinterpretation of these Ethical Guidelines does not justify unethical conduct.
- c) Failure to co-operate with Institute disciplinary or grievance procedures violates and offends against these Ethical Guidelines.
- d) Iyengar Yoga teachers uncertain of the meaning or content of these Ethical Guidelines as they apply to a particular situation shall contact the Central Committee of the B.K.S. Iyengar Yoga Institute of Southern Africa for clarification before taking action.