

YogaCrossroads Code of Conduct

At **YogaCrossroads** we observe a code of conduct that serves as the foundation of our obligations to self, our students, fellow teachers, and the community at large. This code of conduct is based on Yama, the first of the eight limbs of yoga that sets forth the ethics of social interaction and engagement. The five principles of Yama outlined below reflect the values we at **YogaCrossroads** bring to our teaching.

Ahimsa/Non-Harming - "Being firmly grounded in nonviolence creates an atmosphere in which others can let go of their hostility." Yoga Sutras of Patanjali, 2.35:

- ~ We live ahimsa in our words, thoughts and deeds so as to serve as examples
- ~ We keep the best interests and well-being of the student in mind, using care to do no harm (verbally, mentally or physically) when teaching and practicing yoga

Satya/Truthfulness - "For those grounded in truthfulness, every action and its consequences are imbued with truth." Yoga Sutras of Patanjali, 2.36:

- ~ We try always to speak the truth and we value the truth of others
- ~ We respect each and every student, regardless of their beliefs, lifestyle, origins or culture; keeping our focus on the value and beauty of the individual

Asteya/Non-Stealing/Honesty - "For those who have no inclination to steal, the truly precious is at hand." Yoga Sutras of Patanjali, 2.37:

- ~ We are committed to not taking anything that is not ours to receive
- ~ We honestly evaluate our personal practices and experiences with yoga as a means to retain honesty and integrity in our teachings

Brahmacharya/Controlling the senses to keep ourselves in harmony - "The chaste acquire vitality." Yoga Sutras of Patanjali, 2.38:

- ~ We serve as examples by channeling our vital energies in responsible and appropriate ways
- ~ We judiciously use our vital energies to maintain a healthy body and mind

Aparigraha/Non-Greed - "Freedom from wanting unlocks the real purpose of existence." Yoga Sutras of Patanjali, 2.39:

- ~ We share and give freely of our knowledge of yoga with all students
- ~ We strive always to be fair, generous and unselfish to all we serve



Om, Shanti,
Shanti, Shanti