

## CODE OF ETHICS

The terms "us" or "we" or "our" herein refers to Yoga Here & There.

### Statement of Purpose

Yoga in all its forms and practices invites its practitioners to adhere to certain life-values, adherences and disciplines. In Patanjali's Yoga Sutras we are introduced to the concept of Yama & Niyama. These yamas and niyamas as described in the Sutras are the observances that we would like our company, our teachers and all those who work with us in some capacity to regard as a moral compass of sorts.

Yamas: moral, ethical and societal guidelines for the practicing yogi.

### Ahimsâ (Non-harming)

We strive to practice non-violence, non-harming and compassion towards ourselves, our students, our staff and all sentient beings around us. Non-harming in a physical sense, in a mental sense and in a verbal sense are essential to the practice and teaching of yoga.

### Satya (Truthfulness)

Honest communication and action form the basis of any relationship, whether in a working, romantic, family or student-teacher relationship. Teaching yoga can only happen when there is trust from the student towards the teacher and vice versa. Deliberate deception, exaggerations and mistruths harm others and the relationships that we are trying to establish.

### Asteya (Non-stealing)

Asteya means to not take anything that has not been freely given. We understand this concept to be in relation to objects, attention, time and intellectual property. Our teachers and staff are not to take anything that is not theirs to take. Neither the possessions of students and other visitors of the centre, nor their time, attention or ideas.

### Brahmacarya (Celibacy)

We interpret this precept more freely than it is traditionally understood, as meaning the cultivation of moderation, and proper behaviour when it comes to intimate or sexual relationships.

Our staff and teachers will avoid any form of sexual harassment of students or visitors of the centre. They will avoid starting romantic relationships with students or visitors.

### Aparigraha (Non-attachment)

Jealousy or greed have no place in our centre. Our teachers and staff will not feel envy of what others have, they will aim to take only what is necessary and never take advantage of a situation or a person.

Niyamas: attitudes yogis should adopt as a code for living soulfully.

### Sauca (Purity)

Our teachers will practice outer as well as inner cleanliness. Maintaining a healthy, clean, free functioning body, bodily organs as well as our mind, through limiting its disturbing emotions like hatred, passion, anger, lust, greed, delusion and pride.

Santosha (Contentment)

Modesty and the feeling of being content with what we have. To be at peace within and content with one's lifestyle finding contentment even while experiencing life's difficulties for life becomes a process of growth.

Tapas (Self-discipline)

Our teachers will strive to always better themselves, through study, practice, healthy diet and exercise. We feel our staff should lead by example and be always aiming to be able to share more knowledge and more experiences.

Svadyaya (Self-study)

Self-inquiry or –examination will cultivate a state of self-consciousness and awareness. Only through being self aware can we understand others and feel true compassion. Only through self examination can we accept and welcome our limitations.

Ishvara Pranidhana (Surrender)

Accepting the existence of something larger than ourselves is a struggle that many of us face in this hyper-rational and science-based society. We want to emphasise the aspect of remaining open to all possibilities, to acceptance of the established and existing faiths, beliefs and adherences of our students and visitors.