

# THE CODE OF ETHICS & PROFESSIONAL STANDARDS OF A KUNDALINI YOGA TEACHER

## STUDENT-TEACHER RELATIONSHIP

It is the responsibility of the Teacher to maintain a professional relationship with students and with other Teachers. A Teacher recognizes that the student-teacher relationship may involve a power imbalance, even with a student who is no longer studying with the Teacher.

1. A Teacher recognizes the implicit trust placed in him or her because of the unique power of the student-teacher relationship. A Teacher consciously avoids any relationship with a student that is exploitive in any way. i.e., he or she never uses such a relationship for personal gain or benefit.
2. All forms of sexual involvement with students are potentially unethical, even when a student invites or consents to such behavior. Sexual behavior includes, but is not limited to, all forms of overt and covert seductive speech, gestures, and actions.
3. A Teacher never engages in harassment, abusive words or actions, or coercion of students or former students.
4. A Teacher shows sensitive regard for the moral, social, and religious standards of students, and avoids imposing his or her personal beliefs on others.
5. A Teacher realizes that he or she is a vehicle for these Teachings, never their source. A Kundalini Yoga Teacher does not initiate anyone as a disciple.
6. A Teacher strives to build the student's connection to the teachings and to his or her own soul, rather than to any personality.
7. If a Teacher is unable to continue the student-teacher relationship, the Teacher will make efforts to connect the student to other Teacher resources in the 3HO Global Community.
8. A Teacher treats all communication with students with respectful and appropriate confidentiality.

## CLASS STRUCTURE

1. A Teacher teaches kriyas (which includes postures, mantras, meditations or sets) as they were taught by Yogi Bhajan, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate physical limitations of students.
2. A Teacher does not create kriyas (postures, mantras, meditations or sets.) A Teacher does not combine teachings or practices from other paths into a Kundalini Yoga kriya as taught by Yogi Bhajan.
3. A Teacher acknowledges that we are part of the Golden Chain by beginning every class with the Adi Mantra, chanting "Ong Namō Guru Dev Namō" at least 3 times. Every class ends with the "Long Time Sun" song.
4. A Teacher is responsible to maintain the integrity and sacredness of the Kundalini Yoga Teachings.
5. A Teacher does not exaggerate or misrepresent the benefits of Kundalini Yoga as taught by Yogi Bhajan®.
6. In a Kundalini Yoga class, a Teacher wears appropriate, modest, clean white clothing. A white head covering of natural fabric is strongly encouraged in order to project one's commitment as a Teacher and one's respect for the energies released by Kundalini Yoga.

7. A Teacher upholds the yogic law "If you come empty handed, you will leave empty handed" by requesting students to make an offering before each class.

## ADVERTISING AND PROMOTION

The following guidelines are designed to uphold the quality of the Teachings and to be in compliance with all legal guidelines for appropriate representation of our services.

1. A Teacher accurately represents his or her professional qualifications and certifications along with his or her affiliations and or sponsorships from any organization(s.)
2. Announcements and brochures promoting classes or courses based on the Teachings of Yogi Bhajan shall describe them and picture them with accuracy and grace.
3. A Teacher will represent himself or herself, 3HO, IKYTA, and KRI, truthfully and accurately in all public relations by following the guidelines set by 3HO, IKYTA, and or KRI, for advertising that correctly reflects the organizations' missions.

## TEACHERS IN COMMUNITY

1. A Teacher supports the service of other Teachers through conscious communication that avoids negativity or wrongful attributions regarding the efforts of other Teachers.
2. A Teacher builds the unity of the 3HO Global Community by embracing diversity, willingness to collaborate and a commitment to act for the benefit of all.
3. A Teacher acts as an integral contributing member of all International (and National, where appropriate) teaching organizations: 3HO, IKYTA and KRI. He or she acts as a representative of the professional and ethical policies of these organizations.
4. Each Teacher cultivates the ethical integrity of our culture as Teachers by his or her obligation to be alert to, and to seek out assistance for, anyone involved in a potential breach of those standards by using the appropriate organizational channel.

## PROFESSIONAL COMPETENCE

1. A Teacher commits to a regular, daily spiritual practice that includes Kundalini Yoga as taught by Yogi Bhajan®.
2. A Teacher commits to the continuous improvement of his or her professional knowledge and skills. He or she fulfills all requirements and training enhancements developed and presented by 3HO IKYTA and the KRI Aquarian Trainer Academy (and National Associations, where appropriate.)
3. A Teacher abstains from the use of, or dependency on, alcohol, tobacco, or drugs (except for medical purposes.) A Teacher does not permit the use of alcohol, tobacco, or drugs at any Kundalini Yoga course, class, or event.
4. In the yogic tradition, a Teacher eats a vegetarian diet. A Teacher insures that a vegetarian diet is served at any Kundalini Yoga course, class or event.

**Substantial violations of this Code of Ethics and Professional Standards that include changing the teachings, substance abuse, or that may be harmful to students can result in serious consequences, including the possible loss of Teacher status and other actions as appropriate.**

I hereby agree to live and teach in compliance with the above 3HO IKYTA - KRI Code of Ethics and Professional Standards for Kundalini Yoga Teachers.

Please Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_