



# Student Handbook for Sacred Yoga Therapy Training

500-Hour Online (NYC) Intermediate Certificate Program

beginning January 2023

## About the Program

The Sacred Yoga Therapy Training is guided by an exceptional team of teachers. The course is delivered as intensive, stand-alone modules all comprised of fascinating yogic science, philosophy, information and direct experience. Here the sacred science of Kundalini Yoga is demystified and deconstructed to give a deeper understanding of how Yoga and Kundalini energy work. Students learn how to apply yoga therapeutically in the one-to-one and small group settings to alleviate distress and suffering and empower the individual on their journey to finding inner harmony.

Over the course of the modules, we examine the different bio-systems of the human body from a holistic paradigm, presenting them both in health and harmony and in disease and disharmony. The primary focus of the program is learning to work with the mind, emotions and the energy body.

## Curriculum

We integrate both western and eastern perspectives in our work. The program covers western anatomy & physiology, psychology, neuroscience and research on yoga and yoga therapy (psychology, neuroscience and research are addressed more in depth in the 800-hour program). We also study yogic anatomy and the subtle body in depth, looking at several frameworks and systems for addressing the energetic body and its imbalances. These include the elements, meridians, organs, doshas, chakras, 10 bodies and vayus. Perspectives from Traditional Chinese Medicine and Ayurveda serve to illuminate our understanding of yoga and yoga therapy.

The extensive course curriculum includes study of the energetic physiology and pathology of, and specific interventions for numerous conditions including stress, burnout, chronic pain, depression, anxiety, addiction, insomnia, life transitions and other common ailments. We learn many tools for

helping our clients to find their way back to balance and wellbeing, which are detailed in the following section. The program provides a solid foundation in ethics and self-inquiry as a practitioner and places a strong emphasis on personal development. As such, the training can also be a transformative and self-empowering process for the student.

Students learn clinical skills including: how to take a case history, analyze the resultant picture and create a personalized regime to help empower the person to move from suffering to wellbeing. They also learn how to adjust and evolve their yoga therapy delivery based on feedback from their clients.

The tools that students learn include:

- Yoga postures and sets called “kriyas” specifically selected to empower the individual on their journey to finding inner harmony.
- Meditations to cleanse the subconscious of mental debris and self-limiting patterns.
- Pranayama to purify and synchronize the levels of consciousness and express transformation.
- Visualization to develop the faculty of projection and self-reflective insight.
- Spiritual symbols and affirmations and how to apply them effectively
- Yogic lifestyle guidelines including dietary principles and the energetics of foods and kitchen herbs.
- Knowledge about the effects of heat, cold, dryness, dampness and wind in the body
- A deep understanding of the subtle mechanics of Kundalini Yoga, which allows the practitioner to apply yogic tools with skill and discernment.
- An understanding of which kriyas, meditations and tools are appropriate for specific disharmonies.

All of the above aspects of the course are drawn together in the clinical portion of the program, including case studies and group supervision. (Clinical skills are further developed in the practicum portion of the 800-hour training.)

## Program Structure

The Yoga Therapy Training is comprised of core modules, a selection of electives and a mentored practicum. 6 of the core modules are delivered as intensives over 6 days each, with several follow-up meetings and three hours of prerecorded content. These modules are at the center of both the 500-hour and 800-hour certificate programs. Personal practice and home study are an integral part of the training. Each module includes homework assignments and assessments, including a meditation practice for each of the 6 core modules, of a 40-120 day duration. The meditations are specifically selected for their ability to enhance the presence, depth and caliber of the practitioner.

## Residential and Online Hours

The cohort beginning in January 2023 is offered as an all-online program under special COVID 19 guidelines from IAYT. Under normal circumstances, the program is delivered as a hybrid online and residential course with at least 300 hours of in-person attendance required. Under normal circumstance,s, modules KM1-KM6 are delivered as in-person meetings over 6 days each, with an additional 6 hours of online follow-up meetings and 3 hours of recorded content. Under COVID circumstances, there are three less live online hours and three more hours of recorded content.

## The Modules

### KM1: Dragonlines

This is one of the foundation modules in the course and serves as an introduction to our concept of yoga therapy. We examine yoga philosophy and cosmology and introduce intake, assessment, therapeutic plans and ethics in yoga therapy. We study the elements through the lens of the TCM meridian system; we learn the emotional correlates to the elements, the course of the meridians, and some key acupressure/marma points. We apply this knowledge to deepen our understanding of how Kundalini Yoga practices work. We learn to balance the energies of the elements through kriya, meditation, pranayama and lifestyle.

### AP1: Anatomy & Physiology

This module covers human anatomy & physiology in a way that is relevant for yoga teachers and yoga therapists. We study all the major systems of the body and their interrelationships, addressing common pathologies and disorders of these systems. We look at biomechanics and movement with an emphasis on maintaining healthy joints, bones, muscles and fascia. We address common complaints and injuries and contraindications for postures and practices. Aspects of myofascial, the nature of pain and pain drivers and research will all be addressed. The course is structured to enable students to learn via self-exploration, gaining knowledge and wisdom from listening, questioning and teaching to the group.

### KM2: Spheres of Light and Subtle Bodies

This course is another foundational module in the program. We study several energetic models/frameworks that relate to the elements and subtle anatomy: the chakra system, the 10 Bodies of Kundalini Yoga, the doshas of Ayurveda, the vayus and the koshas. For each framework, we examine the physiology and psychology in harmony and disharmony. Students learn yoga therapy tools, such as asana, kriya, pranayama and lifestyle guidelines that can be applied within these frameworks. We also learn to analyze kriyas based on these systems. We introduce basic concepts from Ayurveda, approach the basics of 10 bodies numerology and present a brief overview of tongue reading and pulse analysis from both a TCM and Ayurvedic perspective. We work to develop our relationship with Shunian, the sacred space of inner silence.

### KM3: The Vision of the Twisted Hair

Prerequisites: KM1, KM2

A Twisted Hair is the title given to an indigenous person who has been sent from their clan - say Buffalo - to learn the Medicine of another clan - say Bear - and bring it back to share and weave into a Twisted hair or luminous thread of wisdom. In this module we bring together the frameworks that we have learned in previous modules and apply them to a series of common conditions – including stress, headaches, burnout, insomnia, ama/dampness, high and low blood pressure, depression, OCD and ADHD. We learn yoga therapy tools that are appropriate for each of these conditions. We examine the development and evolution of disease and learn how to set priorities in therapeutic plans. We address root and branch, the concept that the root cause of a condition differs from the symptomatology associated with the condition.

Lastly, we learn to navigate the space where the model ends and the person begins, practically understanding the maxim "address the person, not the condition."

#### **KM4: The Sacred Geometry of Kundalini Yoga**

Prerequisites: KM1, KM2

Kundalini Yoga can be described as a science of angles and triangles. In this module, we examine the mechanics underlying Kundalini Yoga so that we have a deeper understanding of how to apply it in a therapeutic process. This includes an analysis of the shapes and forms that underlie asana and kriya. We learn about the energetic triangles and the gates at the First, Fourth and Sixth Chakras. We examine the phenomenon of the navel point from various cultural viewpoints, including its foundational importance in determining stability of the physical, mental and emotional bodies. We compare and contrast the navel point with the Dan Tien and study different methodologies to center, cleanse and tonify the navel. We study the 6 climatic factors and learn how to recognize excess cold, heat, dampness, wind and dryness in the body. We discuss all of the above in relation to pathology and case histories.

#### **KM5: The Sky of Mind and the Clouds of Unknowing**

Prerequisites: KM1, KM2

In this module, we examine yogic and Western models of the mind and its function, including the structures and various states and conditions of the mind. We present Kundalini Yoga specific models of the mind and relate them to concepts from the wider yogic traditions and knowledge from modern neuroscience. We examine several disharmonious conditions of the mind, including cold depression, obsession, addiction and PTSD and discuss protocols for working with clients with these conditions. We introduce the energetic concepts of the ojas and the jing and compare them to the western phenomenon of cerebrospinal fluid. We present yoga therapy tools for maintaining mental balance and clarity, including kriyas, meditations, pranayama and lifestyle guidelines.

#### **KM6: Red Thread, Black Hat, White Lotus**

Prerequisites: KM1, KM2, KM3, KM4

We round out the last of the 6 core KM modules with an examination of energetic breakthrough practices. We learn yogic tools and transformational practices that work with the Elements of Water, Fire, Ether and Metal. We address how to use affirmations effectively and how to retrieve and imprint a previous condition of health and connectedness with the Red Thread approach. We study archetypal spiritual symbols and learn how to work with them via visualization and application. We learn about gender-specific issues, including the menstrual cycle, fertility, menopause, andropause. We study life transitions according to the cosmic cycle: Infinity, Life, Death, Rebirth.

## **Clinic Intensive 3 Day Course: PROF1 and SV1**

### **PROF1: Professional Development & Personal Practice Part One (15 hours)**

This course sets the foundation for students to begin delivering yoga therapy in a clinical setting. We delve deeply into the ethics of yoga therapy and study the scope of practice and code of ethics of a yoga therapist. We address confidentiality, recordkeeping, boundaries and other issues pertinent to delivering yoga therapy. There is a strong emphasis on self-care as a practitioner.

and

### **SV1: SuperVision (6 hours in Clinic Weekend, 14 hours in online meetings)**

Prerequisites: KM1

Group Supervision provides yoga therapists in training a space to share, discuss and grow into more effective Kundalini Yoga Therapists. Each session features an introductory presentation by Guru Dharam or another member of the faculty on a relevant subject. After group response, we segue into discussion of case histories and the questions they pose. Group supervision allows us to apply the frameworks which we learn in the course to real life examples. We learn to navigate the space where the model leaves off and the individual, unique human being begins.

### **DOC1: Documentation Course**

Prerequisites: KM1, KM2

Students document their yoga therapy delivery through the writing of case studies and through a personal log.

## Faculty and Administration

### Faculty

*Guru Dharam Khalsa BAAC RCHM CYT*

School Director, Traditional Chinese Medicine, Ayurveda, Yoga Philosophy, Frameworks for Health and Disharmony, Energetic Anatomy, Clinical Practice, Group Supervision, Lead Teacher for KM 1-6

Guru Dharam has been teaching yoga for 40 years. In 1988, after qualifying with a diploma in Traditional Chinese Medicine, he founded the Lotus Healing Centre, a holistic practice incorporating Kundalini Yoga Therapy and TCM. He served as the Vice Principal of the London Academy of Oriental Medicine from 1988-1996. His formal qualifications have been complemented by intensive postgraduate interdisciplinary study of indigenous healing; Kabbalah, Meso-American Shamanic Dreaming, West African healing practice, White Lotus healing, Black Hat Feng Shui and the Red Thread empowerments. In 1996, Guru Dharam founded the International School of Kundalini Yoga (i-SKY) in the UK with Darryl O’Keeffe, with the mission of teaching people to become yoga teachers. I-SKY has since grown into a global network of teacher trainings. Guru Dharam and Darryl also co-authored the book *The Kundalini Yoga Experience*. Guru Dharam is the School Director of Sacred Yoga Therapy Training, which he founded in 2007 as a safe, effective and therapeutic complement to the mechanics of western medical practice. Sacred Yoga Therapy and Kundalini Medicine is informed by his 40 years experience of helping to empower many thousands of people toward a healthier and happier life.

*Siri Sat Kaur BFA CYT C-IAYT*

Program Director, Asana, Posture & Alignment, Energetic Anatomy, Women’s Teachings, Mentor

Siri Sat Kaur is a Kundalini Yoga Teacher Trainer with a specialty in Posture and Alignment. Her teaching is enhanced by her background as a professional dancer and choreographer, along with an extensive study of Hatha Yoga. Siri Sat offers an elegant and precise approach to the teachings of Kundalini Yoga and is known for her warmth and humor. She believes everyone can learn yoga, heal and expand their awareness in this lifetime. Her longstanding therapeutic practice is informed by qualifications in Sat Nam Rasayan and other forms of energetic healing. Siri Sat is the founder of Kundalini Yatras, an initiative devoted to the presentation of yoga and meditation immersions in sacred locations.

*Bernadette Devine - Paramananda RGN BSc [Hons] MSc MA RGN BSc [Hons] ARTT Cl. Hyp. CYT Professional Practice & Personal Development*

Bernadette Devine is an experienced international psychotherapy practitioner, executive coach and yoga therapist, with extensive research, publication and practice experience in the fields of eating disorders, mental health wellness and stress, post-traumatic stress disorders, relationship psychotherapy, bereavement, loss and new beginnings and addiction. Bernadette is passionate about psychotherapy and its potential to create meaningful change in individuals experiencing soul trauma. Bernadette has trained to master’s degree level in a number of areas and is also a member of recognised professional associations, works in business consultancy, psychotherapy private practice, and supervises therapists and managers.

*Denise Ferguson - Dharmatma BSc Hons Physiotherapy RYT 500*  
Anatomy & Physiology

Denise started her yogic journey in 1993 and has trained in various styles including Hatha, Ashtanga, Flow Yoga, Children's, Kundalini Yoga as well as Pilates. She attained her RYT 500 in 2005 with Cambridge School of Yoga and Level 1 and 2 Kundalini Yoga from 2005 – 2010 whilst running two yoga studios. She went on to study physiotherapy, and currently works as an advanced practitioner assessing and diagnosing patients in an NHS GP practice along with running her own private physiotherapy practice and acting as sports trauma physiotherapist to Division One ice hockey team. Denise has further training in hydrotherapy, myofascial release, taping, sports injuries and is one of only 500 physiotherapist prescribers in the UK. Continuing her yogic journey, Denise is a teacher of anatomy and physiology to various schools of yoga and within physiotherapy practise, combining the wisdom of yoga intertwined with anatomical therapy to assist patients on the road to recovery. Denise's ethos and passions are to enable patients to reach their full potential and happiness in life through correct therapy, support, guidance and education; with specific movements utilising the life skills toolbox of physiotherapy, yoga, meditation, relaxation and lifestyle.

*Camilla Lund Elander CYT*  
Supporting Teacher for KM1-6, Mentor

Camilla Lund Elander is a Kundalini Yoga & meditation teacher, yoga therapist and Breathwalk trainer, based in Sweden. She began teaching Kundalini Yoga in 2006 and has studied this tradition at an advanced level. Camilla works with yoga therapeutically through her company Yoga Dimensions. She organizes the Swedish Yoga Therapy training as well as Level Two Kundalini Yoga teacher trainings. She teaches the Breathwalk Instructor Course internationally, training others to become Breathwalk Instructors. Camilla has created numerous specialty courses, including "Yoga for the Brain" and "40 days Yogic Rehabilitation, which supports students in starting and keeping a daily practice of yoga and meditation

*Luisa Giugliano - Harpriya Kaur MFA CYT C-IAYT*  
Group Yoga Therapy, Professional Practice and Personal Development, Mentor, Course Organizer NYC

Harpriya is the founder of Dream Hive, A One Room Schoolhouse for the Soul in New York City. Her practice includes yoga therapy for individuals, couples and families with a special interest in working with women throughout the lifecycle. Her practice addresses spiritual, physical, relational and psychological concerns through meditation, heart-to-heart discussion and practices to relieve trauma and make meaningful connections. She is a multi-lineage practitioner who draws from poetry, folk and wisdom traditions to weave intuitive healing encounters. She works as an apprentice with teachers and initiators in Traditional Chinese Medicine, curanderismo, yoga and soul activism. Harpriya facilitates community grief rituals, women's council circles and Interfaith Leadership trainings designed to forge deep connections with what is sacred. For fifteen years she has worked as a teacher of Ashtanga and Kundalini Yoga and has completed advanced training in both. She holds a terminal degree in Poetry and has studied at Smith School for Social Work.

*Kathy Haridev Latham BA/MS CYT C-IAYT*

Program Administrator, Yoga Research, Supporting Teacher for KM 1-6, Mentor

Kathy Haridev Latham is a certified Kundalini Yoga teacher & teacher trainer, yoga therapist and Sat Nam Rasayan practitioner based in Oslo. With an inclusive and joyful approach, she has taught yoga to a wide range of populations, including children, seniors, pregnant women and veterans. In addition to Kundalini Yoga, Haridev is certified in Relax and Renew Restorative Yoga, Prenatal Yoga, YOGA for Youth and in aromatherapy. Complementing her yoga therapy degree with Kundalini Medicine, she has foundational training in yoga therapy with Prema Yoga. Haridev has years of experience studying and teaching multiple folk and esoteric traditions. She holds a bachelors in Sociology and a masters degree in Applied Social Research, which includes training in both qualitative and quantitative methods of research.

*Joseph Young - Amanbir Singh BSE MSTOM LMT LAc CYT*

Anatomy & Physiology, Guest teacher on TCM and Energetic Anatomy, Mentor

Amanbir Singh is a Kundalini Yoga teacher, yoga therapist, herbalist and licensed acupuncturist and massage therapist based in New York City. Known for his sense of humor, music, and extensive knowledge of healing modalities, he offers a fun, direct approach to the dynamics of Kundalini Yoga. Amanbir currently shares his in-depth understanding of energetic and physical anatomy in numerous Kundalini Yoga and yoga therapy trainings worldwide. He holds a Masters of Science in Traditional Oriental Medicine and a Bachelor of Science in Engineering.

## Guest Faculty

*Vedya Amrita Bethel CYT*

Guest Teacher on Ayurveda & BIPOC and Intersectionality

Vedya Amrita Kaur grew up in Atlanta, GA steeped in a strong spiritual foundation. Her spiritual curiosity led her to explore various approaches for living a joyous, liberated life, heightening the connection between mind, body and spirit. Vedya Amrita is an advocate for fostering diverse and inclusive environments in yoga as a founding member of the Kundalini Yoga Diversity and Inclusion Committee. She is the owner of Glowing House, Inc. a wellness experience specializing in Colon Hydrotherapy, Ayurvedic Counseling, Counseling Hypnosis and the healing benefits of Kundalini Yoga and Meditation. Vedya Amrita is an experienced Kundalini Yoga teacher and teacher trainer and is currently based in New York City.

*Dr. Eileen Kemether - Mahan Prem MD MA MS RN NP CYT*

Guest teacher on Psychiatry, Neuroscience & Addiction

Dr. Eileen Kemether has been a psychiatrist in private practice in New York City since 1996. She worked in the neuroanatomy laboratory of Dr. William Byne for 12 years and in the neuroimaging laboratory of Dr. Monte Buchsbaum for 6 years. She has been awarded several foundation grants and an R21 NIH grant



to study schizophrenia. She was a Nurse Practitioner for 8 years before going to medical school and also has a master's degree in Psychology. Eileen has practiced Kundalini Yoga since 2010 and is a certified Kundalini Yoga teacher. She studied yoga therapy with the Kundalini Medicine Yoga Therapy Training.

*Delia Tarlea BA LMT CLT RYT*

Guest Teacher on Anatomy & Physiology

Delia is a licensed massage therapist, certified lymphedema therapist, Biofield Tuning Practitioner, Reiki Master Teacher, Certified Clinical Aromatherapist and a registered Kundalini Yoga and Meditation instructor. She holds a degree in massage therapy from the Swedish Institute, where she currently teaches Anatomy & Physiology. Her love for the healing arts started with a simple desire to educate, to gather and share knowledge on holistic approaches to wellness into daily life, living more simply and more connected to nature and to our own actions. Her massage work is a combination of traditional Western style treatment (Myofascial release, Swedish, Deep Tissue, Medical, Prenatal Massage), Manual Lymphatic Drainage treatment, Eastern bodywork (Shiatsu) as well as aromatherapy, meditation and yogic breathing techniques. Prior to embarking on her career in massage therapy, she enjoyed a career in IT and Finance and holds a BA in Computer Science.

### **Administrative Support & Process Mentors (School-wide)**

*Karen Kirana Malasquez RYT*

Course Assistant and Administrative Support NYC

Karen Kirana Malasquez formalized her yoga practice with her first 200hr certification in Vinyasa at Ananda Ashram, NY and has since certified in Katonah Yoga® & Kundalini Yoga through Dream Hive NYC. She is currently involved in ongoing Herbalism studies with mentor Sam Perry and fellow herbalists. Her evolving practice exists at the intersection of an eclectic meeting of paths. Through energy and body work, yoga & meditation, assisted by the wisdom of plants and the therapeutic properties of sound and mantra, she works with the intention of building bridges towards greater integrity of the communal organism, knowing that human healing is not separate from Earth healing. Kirana values learning through direct experience, relationship, and of course from all our brilliant teachers of the natural world. She can be found in the Sacred Valley, Peru, collaborating with her partner on medicine tattoos and tending to Project Rupa Rupa, a dream of community transformation rooted in regenerative agriculture, Earth stewardship and conscious development.

*Helen Thompson BA (Hons) ACIL CYT*

Process Mentor and Administrative Support UK

Helen has been practising Kundalini Yoga since 2004. She qualified as a Kundalini Yoga teacher with i-SKY in 2008 & completed the Kundalini Yoga Level 2 training program in 2018. She is also qualified to teach yoga to children (Starchild). She completed the Intermediate Kundalini Medicine Yoga Therapy Training Program and in 2020 undertook the Superhealth Immersion training for Addictions. In 2015, Helen graduated with Certificate 4 in Crystal Sound Therapy, accredited through the International Energetic

Healing Association. She has also completed Sound Healing qualifications (Crystal Bowls, Himalayan Bowls & Gong) with the UK College of Sound Healing. Helen possesses a fine collection of Alchemy Crystal Bowls which she uses to great effect in her sessions. Following a successful career in the world of commerce, Helen is excited to be following her passion - helping people to revitalise, rebalance & renew; this she does with warmth, professionalism, joy & compassion.

*Annette Nilsson CYT*

Process Mentor Sweden

Annette Nilsson is a Kundalini Yoga teacher and yoga therapist based in Norrtälje, Sweden. She owns her own studio, YogaVis, where she teaches and offers yoga therapy. She is also a certified gong player. Annette studied with the Kundalini Medicine Yoga Therapy training and currently serves as a process mentor on the program.

*Milo Lukas Witt CYT*

Course Organizer Copenhagen, Denmark

Milo Lukas Witt is the owner of Dalgas Yoga, Vitality & Joy/Love of Life in Copenhagen. He is a certified Level 1 and 2 Kundalini Yoga Teacher and a Reiki Healer 1 and 2. He has attended several DNA Remembrance Technique Courses in the US. For the Sacred Yoga Therapy Training, he is there to secure a safe space and hold the energy of the course together.

## Program Administration Online Course

- Guru Dharam Khalsa BacC RCHM CYT - School Director
- Siri Sat Kaur BFA CYT C-IAYT - Program Director
- Kathy Haridev Latham BA/MS CYT C-IAYT - Program Administrator

## Academic Calendar January 2023-December 2024

Course Number	Course Name	Hours	Schedule
KM1	Dragonlines With Guru Dharam and Siri Sat supported by Kathy Haridev Latham	54	February 7-12, 2023 9am-5pm EST *See footnote for type of delivery for modules KM1-KM6
AP1	Anatomy and Physiology with Denise Ferguson, Amanbir Young & Delia Tarlea. Supervised by Siri Sat/Haridev	100	January-July 2023: January 6-8, February 3-5, March 4-5, May 6-7, June 3-4, July 7-9. 7am-1/1:30pm EST 83.5 hours live online 16.5 hours pre-recorded
KM2	Spheres of Light and Subtle Bodies With Guru Dharam and Siri Sat. Guest teacher Vedyā Amrita. Supported by Kathy Haridev Latham	54	April 25-30, 2023 9am-5pm EST
CLINIC INTENSIVE PROF1 & SV1	Professional Practice and Personal Development I (15 hours) & SuperVision (20 hours) With Guru Dharam and Bernadette Devine supported by Kathy Haridev Latham	35	Clinic Intensive May 12-14, 2023 7am-330pm EST 2-hour Online SuperVision meetings (7 required) Jan 26, 2023 March 6, 2023 May 30, 2023 July 10, 2023 August 14, 2023 October 23, 2023 February 19, 2024 1pm-3pm EST

KM3	The Twisted Hair With Guru Dharam and Siri Sat supported by Kathy Haridev Latham	54	Sept 30-Oct 5, 2023 9am-5pm EST
KM4	The Sacred Geometry of Kundalini Yoga With Guru Dharam and Siri Sat supported by Kathy Haridev Latham	54	January 16-21, 2024 9am-5pm EST
KM5	The Sky of Mind With Guru Dharam and Siri Sat Guest Teachers Mahan Prem and Bernadette Devine. Supported by Kathy Haridev Latham.	54	March 5-10, 2024 9am-5pm EST
KM6	Black Hat, Red Thread, White Lotus With Guru Dharam and Siri Sat Supported by Kathy Haridev	54	May 14-19, 2024 9am-5pm EST
DOC1	Documentation Course Supervised by Guru Dharam, Siri Sat & Kathy Haridev Latham	41	Ongoing, must be finished by December 31, 2024

\*All modules are offered online for the 2023 Online NYC cohort.

The modules listed above are in real time online unless otherwise specified.

\*Delivery format for Modules KM1-KM6

Normal Circumstances

45 hours in-person, 6 hours live online follow-up and 3 hours recorded

COVID Modified Schedule for Online

42 hours live online, 6 hours live online follow-up and 6 hours recorded (as in this training)

\*Online follow-up hours will be scheduled during the module.

## Program Tuition January 2023- December 2024

Full Payment: \$7500

Payment plan: \$1200 deposit  
4 quarterly payments of \$1625

## Estimate of Fees for Required Books and Materials 500-Hour Program

### Required Reading for the Program

Books are assigned at different points in the course. Enrolled students will be notified when each book will be required.

- The Web that Has No Weaver by Ted Kaptchuk
- How to Know God: Yoga Aphorisms of Patanjali - Translated by Swami Prabhavananda and Christopher Isherwood
- Ayurveda: The Science of Self-Healing by Dr Vasant Lad
- The Kundalini Yoga Experience: Bringing Body, Mind, and Spirit Together by Guru Dharam Khalsa and Darryl O'Keeffe
- The Kundalini Yoga Posture Manual by Gurudass Kaur and Radha Kirin
- Meditation as Medicine by Dr Dharma Singh Khalsa and Cameron Strauss
- Enlightened Bodies by Japa Khalsa and Nirmal Lumpkin
- Trail Guide to the Human Body by Andrew Biel (any edition)

### Required Materials for the Program

- Yoga Mat
- 2 Blankets
- 2 Blocks
- Yoga Strap
- Yoga Bolster
- Meditation cushion (optional)

Course Manuals for online courses are delivered in PDF format. You are welcome to print a copy for personal use - in which case you are advised to factor printing fees into your total cost of materials for the course.

The estimated fee for all required reading books at list price is approximately \$200 USD. The required books are approximately \$150 when purchased in digital version where available. Many of the books on the reading list can be purchased used for significantly less than the list price.

## **Cancellation and Refund Policy**

### **Cancellations**

The school reserves the right to cancel a starting class or module if the number of students enrolling is insufficient. Such a cancellation will entitle the student to a full refund of all money paid.

### **Refunds**

The school must refund all money paid if the applicant is not accepted. This includes instances when a starting class is canceled by the school.

There are no refunds available for courses that a student is enrolled in.

### **Discontinued Programs**

If the school discontinues instruction in any program after students enter training, including circumstances in which the school changes its location, students must be notified in writing of such events and are entitled to a pro-rated refund of all tuition and fees paid unless comparable training is arranged for by the school and agreed upon, in writing, by the student. A written request for such a refund must be made within 90 days from the date the program was discontinued or relocated and the refund must be paid within 30 days after receipt of such a request.

### **Module Repeat Policy**

Students may repeat a module they have already attended for 50% off the full price of that module, space permitting.

## **Admission Requirements for the Certificate Program**

Applicants to the program must fill out the online application form for the program and submit their 200/220-hour yoga teaching certificate via email to the email address on the form.

Applicants must document that they have:

- A 200-hour Yoga Teacher Certificate
- One year of yoga practice
- One year of yoga teaching experience

## Completion Requirements

The 500-hour Intermediate Certificate Program completion requirements for cohorts beginning in January 2023 are:

Completion of Modules KM1-KM6, Anatomy & Physiology, Clinical Weekend (Professional Practice & Personal Development Part 1 + SuperVision), SuperVision & Documentation Course. Students must attain a passing grade on all modules.

## Transfer Policy

The program allows transfer credit for the following modules:

- Anatomy and Physiology - 100 hours

Credit must come from a University Level Course or Yoga Therapy Program.

Courses transferred in must cover the same competencies the module in our program you are seeking credit for. We review your documentation and assess whether the transfer course addresses the required competencies. Please see below for full details on the competencies.

Documentation accepted includes course syllabus, proof of attendance, certificate of completion, degree and transcript, current licensing for medical professionals.

We may ask for additional information and documentation. We aim to process transfer credit requests within 30 days of receipt of all requisite information.

To apply for transfer credit outside the program, please fill out the transfer request form and email the requisite documents to the email address shown on the form.

There is a \$25 processing fee per module, an invoice will be sent after you have submitted the transfer credit request form.

There is no fee to transfer credit from other Sacred Yoga Therapy certificate programs. We update your record with transfer credit upon enrollment in the 800-hour certificate program.



### *More information about transfer credit*

When full credit is awarded, the student is given credit hours for the module, is excused from attending the module and the fee for the module is waived. In some cases, we may require additional assessment in the form of an exam or completion of assignments in order to award full credit.

We accept a maximum of 300 hours transfer credit from outside of our program, and a maximum of 600 hours from other Sacred Yoga Therapy certificate programs. The total of transfer credit from outside and within the program may not exceed 600 hours. Please note that 500 hours of the total 800 hours, including transfer credit, must be completed in a residential setting in order to qualify for the 800-hour degree. This requirement is waived during COVID times for all cohorts beginning study prior to the end of 2022.

We offer an APEL (Accreditation of Prior Learning) process to allow students on the Continuing Education track to attend advanced modules based on accredited prior learning in Kundalini Yoga, Traditional Chinese Medicine and Ayurveda. This pre-requisite equivalency does not award transfer credit.

## Competencies in detail

### **Anatomy and Physiology - 100 hours**

2.1.1 Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.

2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.

2.1.3 Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.

## Code of Conduct

### Introduction to the Code of Conduct

This code of conduct applies to students, faculty and program staff of the Sacred Yoga Therapy Training and details the expectations for each party.

### Principles

The Sacred Yoga Therapy & i-SKY Creed:

*I would not interfere with any creed of yours,*

*nor want to appear that I have all the cures.*

*There is so much to know.*

*So many things are true,*

*the way my feet must go may not be best for you.*

*And so I give this spark of what is light to me,*

*to guide you through the dark,*

*but not to tell you what to see.*

*Anon*

Our intention is to inform, encourage and support program members to be the best he/she/they can be. As yoga therapists we strive to live in our higher consciousness and to conduct our lives in a spirit of integrity.

We promote a broad definition of yoga as the means to achieve awareness or self-realization. A conscious yoga practice begins and ends with the question, "Who am I?" We view genuine holistic or religious practice as paths of yoga in that broad sense and believe that one path can be as good as any other - although some may be more suited to one than another - and do not wish to promote any particular belief system or offer our work as a panacea. We do not think of Kundalini as a path of yoga but rather as the energy of transformation, which is common to every path or as the point of awareness where all paths meet.

### Mission Statement

The Sacred Yoga Therapy program exists to teach yoga teachers to apply the principles and practice of Kundalini Yoga and allied wisdom traditions to the therapeutic arena. The holistic model that underlies Kundalini Yoga has innate therapeutic potential and Sacred Yoga Therapy educates yoga therapists to recognise, channel and apply it to individuals and groups to empower them toward greater health, harmony and well-being.

### School's Values

We believe that all individuals have a right to be treated with respect and dignity, regardless of the differences between them. We make every effort to work in an anti-discriminatory manner and seek to challenge attitudes and behaviours that disadvantage individuals and/or groups of people within our school. Everyone associated with Sacred Yoga Therapy is expected to behave in a way that acknowledges differences positively and not in a way that excludes, humiliates or harms. We intend for

our school to be a safe space for growth and learning, held by trust, honesty and mutual respect. The program includes a training on diversity, inclusion and cultural sensitivity aimed to increase our school member's ability to navigate these subjects with knowledge, skillfulness and compassion.

#### **Anti-Discrimination Statement**

Sacred Yoga Therapy does not discriminate based on age, gender, gender identity, gender expression, marital status, civil partnership, pregnancy and maternity, socio-economic status, race, color, sexual orientation, religion, national origin, ethnicity, culture, disability unrelated to a person's ability to engage in the program, veteran status or any other status protected by law in the United States, the United Kingdom, Norway and the European Union.

## Standards of Conduct

### Attendance

Students are expected to attend all scheduled sessions of a given program. It is permissible to miss 15% of a residential program, or one day of a 6-day module and up to 20% of an online program. If a student knows they will need to miss time, they must speak to faculty prior to the course. Students are responsible for any course material missed, and for coordinating with the faculty to make up the time. This generally means that for residential modules, the student is expected to collect and review notes from a colleague and present a written summary of the day or session, along with any questions they may have about the material. For online modules, the student is expected to view a recording of the session missed and present a written summary to the instructor.

Punctuality is expected for all program members. Students are expected to come to class prepared and participate fully in the course, with appropriate modifications for individual circumstances.

Absences exceeding the outlined maximums, and/or failure to meet participation and preparation standards previously detailed may result in the need for the student to extend the completion date in order to retake the material missed.

### Competence and Productivity

Students are expected to display progressive growth and development of knowledge and skills as they move through the program.

Students are expected to complete all assignments in a timely manner, adhering to the assigned due dates. If there are extenuating circumstances and/or the student requires more time to complete assignments, it is the student's responsibility to make arrangements with faculty ahead of time.

#### *Extenuating Circumstances include*

- Pregnancy, childbirth or adoption
- Physician documented illness or health restrictions that would prevent participation in the training and are for a limited time period
- Documented family emergency
- Other documented emergency that may interfere with attendance

In addition, the school is committed to accommodating neurodiversity and allows for extended time to complete assignments for students with learning disabilities, dyslexia, ASD and other factors that may require extended time.

Students are expected to notify the faculty member or program administrator in writing with the details of the extenuating circumstances, whereupon a plan will be made for completion of the assignments.

## **Personal Development and Professional Conduct**

As part of the program's ethos, faculty members are strongly encouraged to continue their study of yoga and yoga therapy through continuing education.

All school members are expected to maintain a daily sadhana (personal practice), and commit to upholding and maintaining the clarity, compassion and neutrality of a yogi/yogini.

All school members are required to abide by the Code of Ethics and the Scope of Practice for Yoga Therapists as set forth by IAYT as well as the points from the Yoga Alliance Professionals Code of Practice. These documents can be found in the appendix.

All program members are expected to uphold a standard of professionalism in interactions with each other as well as with clients.

## **Compliance with Supervision**

Sacred Yoga Therapy faculty will provide supervision to students during practice yoga therapy sessions and practice teaching and provide verbal feedback. During the practicum, students receive both verbal and written feedback from their mentors. Supervisors are expected to provide feedback in a neutral and kind manner, with the goal of enhancing the student's growth and knowledge.

Sacred Yoga Therapy students are expected to receive all constructive feedback with respect as well as consult and take advice from supervisors, when appropriate.

Students will have the opportunity to provide anonymous feedback about the staff, faculty and program, with the goal of improving the program for all. Teachers and staff are expected to employ constructive feedback toward growth and evolution of their teaching.

## **Dress Code and Hygiene**

Students should come to class prepared, with the appropriate props, books and writing materials, and any applicable homework assignments or reading completed. Students should wear clothing they can practice yoga in.

Basic standards of hygiene should be followed, avoiding strong scents or oils, which may affect some students adversely. Some studios may have a vegetarian food only policy. Please check in advance for the food and/or food allergy policies of the course location.

When teaching therapeutic yoga classes and delivering yoga therapy, it is expected that students dress in a professional manner in accordance with generally accepted standards for a yoga teacher.

## **Lawful and Honest Conduct**

All members of the program are expected to behave honestly, lawfully and with integrity, with the yamas and niyamas as guiding principles. For example, all members are expected to strive for non-harming, non-stealing and truthfulness.

## **Confidentiality and Privacy**

Sacred Yoga Therapy expects all students and graduates to maintain confidentiality and privacy of their clients' personal and clinical information. All communication between yoga therapist and client will be handled with professionalism and confidentiality. All students are required to establish a privacy policy that adheres to local legislation and to share this policy with clients. Students are also required to develop their own scope of practice form, detailing their training in yoga therapy thus far as well as any

other relevant professional qualifications. Students must obtain written consent from clients to share information from their case histories in an anonymous manner with faculty, mentors and fellow students. Students are provided templates with the required elements that must be included in their privacy policies, scope of practice forms and confidentiality agreements.

Student's contact details will not be shared with other students in the program unless they have given their express permission.

Personal information and media relating to participants of the program, students, or clients are not to be shared without the express permission of all relevant parties.

As detailed in the acceptable use of technology section, students may not disclose the link to/URL of a class session recording or copies of recordings to anyone, for any reason. Recordings are available to your class only.

### **Care and Maintenance of Property**

We expect all program members to respect the spaces where the course is located, including property, such as props and furniture, as well as the property of faculty, staff, clients and other students. This includes abiding by any rules and expectations set forth by the studio location and program organisers.

Members are expected to tidy up after themselves and to do the right thing because it needs to be done, even if no one is looking. Students are welcome to provide seva should the opportunity arise, ie helping to tidy the Shala after the day.

### **Appropriate Behaviour and Conduct**

We foster an environment of tolerance, openness, honesty and respect in the classroom setting and beyond. All members of the school are expected to contribute to maintaining a safe space for growth, learning and healing.

As stated in the confidentiality section, personal information shared in class is to be kept confidential and is not to be shared outside of the school, in any form, including on social media.

Students are to follow all protocols given for clinic and yoga therapy delivery, which include maintaining Sacred Yoga Therapy's standards for professionalism, respect, anti-discrimination and confidentiality.

School members are expected to communicate with one another and with clients in a respectful, courteous and kind manner.

Inebriation, sexual misconduct and/or harassment and violent, hateful, abusive, and/or coercive speech or behavior will not be tolerated. Such behavior will be grounds for disciplinary action and may result in dismissal from the program. Please see our anti-harassment policy for further information.

### **Compliance with Law**

Sacred Yoga Therapy adheres to all local, state and federal laws. We do not allow the possession of weapons, alcohol or illegal drugs in the course location.

Any knowing non-compliance with the law is unacceptable and Sacred Yoga Therapy will pursue appropriate disciplinary and/or legal action to ensure its own compliance.

## **Non-Impairment**

Students, faculty and program staff are expected to work free from impairment from substances, including illegal drugs and alcohol. They are expected to comply with any treatment plans prescribed by a medical professional, including continuing to take any prescription medication or supplements. In the case when there is a question as to whether a prescription medication may impair a school member's ability to work, the individual is expected to seek advice from their medical professional.

## **Conflict of Interest**

Sacred Yoga Therapy expects faculty to avoid conflicts of interest that could compromise the sacred trust inherent in the student-teacher relationship. If conflicts of interest do exist, it is expected for these to be disclosed and managed in a transparent manner.

## **Acceptable Use of Technology**

We are committed to supporting the learning of neurodiverse students, as well as students for whom English is a second language. We allow recording of in-person classes to support learning needs. In addition, we provide video recordings of online courses that are available to view for 3 months after the course.

### *In-person classes*

Students and faculty are expected to keep their electronic devices in silent mode or have them switched off during class. It is permissible to take notes on an electronic device such as a laptop or tablet. All electronic devices that are not used for learning purposes are to be stored in a bag or in a locker for the duration of the class.

It may be possible to audio-record class lectures, with permission of the instructor. While it may be possible to share recordings with classmates, students are not permitted to distribute the recordings outside of the program.

### *Online classes*

We record main sessions in speaker view. Zoom provides audio and visual indicators to inform about when the recording starts, stops, is in progress, and is paused/unpaused. Breakout rooms are not recorded.

Students may request that we pause the recording when they are sharing in class.

Students may not themselves record a class session of an online class, as the school provides the recordings.

Links to class session recordings, if available, are posted in the Zoom meetings section of the Canvas course webpage.

Class recordings are available only to the members of that class. Students may not disclose the link to/URL of a class session recording or share copies of recordings to anyone, for any reason.

## **Compliance and Accountability**

All members of the program are expected to uphold the values and ethics of Sacred Yoga Therapy and to adhere to this code of conduct.

## **Disciplinary Action**

Violations of the code of conduct may result in disciplinary action or permanent dismissal from the program. A student who fails to maintain satisfactory progress, violates safety regulations, interferes with other students' work, is disruptive, obscene, under the influence of alcohol or drugs, or does not make timely tuition payments, is subject to disciplinary action and/or permanent dismissal from the school.



## Grievance Policy and Reporting Violations of the Code of Conduct

Sacred Yoga Therapy will undertake to support learners and improve the quality of service through addressing and resolving complaints from learners. All the Sacred Yoga Therapy faculty members are responsible for supporting learners by effectively resolving learner complaints informally where possible. The recommended method of resolving issues raised by a learner is by prompt action through informal discussion with the learner and appropriate member of staff directly.

To report complaints and/or violations of the code of ethics, the complaint should be brought to the attention of a staff or faculty member, by informal verbal discussion, if possible. The content and outcome of the discussion will be documented. The Program Director will be made aware of and review all complaints.

If the concern is with a faculty or staff member, and a satisfactory resolution is not reached through discussion, the student may file a written complaint that is signed and dated. This complaint may include any supporting documentation and will be submitted to the School Director. The School Director will send a copy of the complaint to the faculty or staff member in question via email. The faculty or staff member will confirm receipt of the email within 3 business days and is required to send a signed written response within 10 business days to the School Director.

The School Director will review the complaint and the response and will determine if it is necessary to convene the Grievance Committee. If so, the Grievance Committee will be convened within 15 business days of receipt of the faculty member's written response. Once convened, the Grievance Committee assumes responsibility for investigating the complaint and determining what course of action, if any, will be taken in response to the complaint.

Upon receipt of the written response of the faculty or staff member, the Committee chair will forward the response to the complainant. If the complainant responds with additional information, that information will be forwarded via the Grievance Committee to the faculty or staff member.

Following receipt of all relevant materials, the Grievance Committee will meet independently with both the student and the faculty or staff member. The Grievance Committee may investigate the complaint further by interviewing peer students, other faculty or staff members. All meetings will be documented and signed by the individuals in attendance. All documentation will remain in the student's file.

Within 60 business days of the date the Grievance Committee is convened the Committee makes a decision as to what actions, if any, will be taken. The complainant, faculty or staff member and the School Director receive a written copy of the Committee's findings and recommendation(s).

If the student, staff or faculty member would like to appeal the outcome, they make a written request to the School Director. The Director makes a final determination within 15 business days, and notifies the student, staff or faculty member and the Grievance Committee.

If the staff or faculty member is put on probation, suspended, or terminated, any later request for reinstatement would be based on the reason for the discipline and will be reviewed by the Grievance Committee in conjunction with the School Director. The Grievance Committee's decision for reinstatement is final and communicated in writing to the staff or faculty member.

If the complaint that is raised is with the Director of the School in his role as instructor, another faculty member will be asked to moderate the complaint.

The filing of a complaint will not affect the learner's fair evaluation in any module and in completing the course of study and the program's certification process.

### **Anti-discrimination and Harassment Policy**

Sacred Yoga Therapy is committed to providing a learning environment that is free of discrimination and/or harassment. Discrimination/harassment is prohibited in all programs sponsored by the Sacred Yoga Therapy whether committed by staff, core faculty, guest faculty or students. We are committed to creating a learning environment that is based on integrity and is respectful and uplifting to all.

All staff and faculty have a key responsibility in establishing and maintaining a learning environment free from personal discrimination/harassment. All faculty members are directly responsible for the conduct of students in a class or supervision setting. All participants in the Sacred Yoga Therapy Training are expected to comply with this policy and it is the personal responsibility of all participants whether faculty, staff or student to ensure that inappropriate conduct does not occur.

Discrimination or harassment based on race, color, religious affiliation, gender, sexual orientation, national origin, citizenship, age status, disability, marital status, or any other basis prohibited by law, will not be tolerated. Sacred Yoga Therapy prohibits inappropriate conduct based on any of the above characteristics in all contexts of its programming.

Harassment/ Discrimination is defined as behavior that is unwanted, unreasonable and offensive to the recipient, which creates an intimidating, hostile or humiliating learning environment for that person. This list is not meant to be exhaustive. Harassment can occur between members of the same or opposite sex. There are various types of harassment which can occur, these can be based on:

- Race, ethnic origin, nationality, or skin color
- Gender and/or sexual orientation
- Religious or political convictions
- Membership or non-membership of an organization or affiliation
- Disabilities, illness, sensory impairments or learning difficulties
- Age

### **Sexual Harassment Policy**

Sexual harassment has been defined as unwanted and unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that is made either explicitly or implicitly a term or condition of participation in programs or as an influence on continued participation or evaluation in the Sacred Yoga Therapy Training OR has the purpose or effect of substantially interfering with an individual's ability to learn or comfortably participate in programs creating an intimidating, hostile, or offensive learning environment.

All participants in the Sacred Yoga Therapy Training, including core and guest faculty, staff and students will refrain from conduct that is sexual in nature including the following:

- Comments or jokes, or degrading language or behavior that is sexual in nature
- Sexually suggestive objects, books, magazines, photographs, cartoons, pictures, electronic communication, or other material

- Unwelcome sexual advances, requests for sexual favors, or any sexual touching; Offering favorable terms or conditions of program participation or benefits in exchange for sexual favors or threatening or imposing less-favorable terms or conditions of program participation if sexual favors are refused.
- Sexual harassment is prohibited whether it's between members of the opposite sex or members of the same sex.

### Discrimination and Sexual Harassment Complaints

Any claims of discrimination or harassment are investigated promptly, and appropriate action taken to eliminate inappropriate behavior. Creating a discrimination/ harassment free learning environment is everyone's responsibility.

If you receive a complaint or observe or believe you are a target of discrimination, sexual harassment or any other form of harassment while participating in any Sacred Yoga Therapy training or sponsored event, we request that you immediately report it to one of the following:

- A faculty member
- The School Director

All complaints received by the Grievance Committee will be treated with sensitivity and kept confidential, according to the steps in the Grievance Process. You are not required to report your complaint to anyone who is the subject of it. For example, if your complaint concerns a faculty member or other student, you are not required to directly address that person before bringing your concern to the School Director. However, if anyone at Sacred Yoga Therapy behaves in an inappropriate manner we encourage you to tell that person that the conduct is unwelcome, that you find it offensive, and that you request that it stop immediately.

After reviewing a Discrimination or Harassment complaint, the School Director will refer the complaint to the members of the Grievance Committee. Timelines and the procedure for completing the investigation are the same as that described in the Grievance Policy.

Following the completed investigation, the School Director and/or designee, may develop a corrective action plan with the individual who engaged in the harassing or discriminating behavior. Further, contingent on the outcome of the investigation and/ or progress made related to the corrective action plan, the individual may be asked to leave the program.

Sacred Yoga Therapy prohibits any form of retaliation for making a report of discrimination or harassment or participating in the investigation of a complaint of this nature.

### Dissemination

This code of conduct is published in the program's student handbook. Students give their written agreement to abide by the code when signing the enrollment form. The code of conduct is provided and agreed to by all faculty and staff.

## Transparency about our position on Kundalini Yoga as Taught by Yogi Bhajan

We recognize that Yogi Bhajan, the teacher who brought this form of yoga to the West, did things that go against our morals and ethics as well as those that he purported to teach. We believe and support the survivors of Yogi Bhajan and his organizations and recognize that YB committed abuse throughout his tenure as a spiritual teacher. The high demand group in which the teachings were originally transmitted and where this abuse occurred had a culture which we find problematic. We do not wish to perpetuate any unhealthy dynamics from the past.

On careful consideration and evaluation, we find that the yoga and meditation practices of Kundalini Yoga still stand on their own as powerful and effective tools. We are committed to transmitting them within a healthy organizational dynamic and culture. We have always sought to triangulate what we teach based on wisdom from allied traditions and our own experience. With the revelations about YB, we choose to examine and to keep evaluating what of the KYATBYB teachings we feel have value for us. This process is informed by knowledge from Ayurveda, Traditional Chinese Medicine, Tibetan Medicine, Shamanism, other allied wisdom traditions, our personal and clinical experience and the growing body of research on yoga and yoga therapy.

### *What to expect on our course*

The program is not centered around YB as an individual. We recognize that he transmitted KYATBYB practices to the West. As such, he is mentioned occasionally as the source of various practices, as we wish to credit where what we teach was transmitted from.

In our program, we do not require reading or viewing videos of YB. We choose not to have his photo in our manuals. The manuals currently contain several quotes attributed to him, along with quotes from many other individuals. We are open to omitting YB quotes from future editions based on feedback from school members.

We periodically revise our manuals and are in an ongoing process of editing them in the light of the above section.

## Appendix

### Yoga Alliance Professionals Code of Practice

This Code of Practice is a summation and declaration of acceptable, ethical, and professional behaviour by which all Yoga Alliance Professionals members agree to conduct the teaching and business of Yoga.

As a student and graduate of a Yoga Alliance Professionals accredited program, our members agree to uphold the ethical goals set forth in the following Code of Practice:

1. Provide the public with access to safe and effective yoga teachers;
2. Maintain and uphold the traditions of Yoga. Teach Yoga from the experience of these traditions and disseminate these teachings to anyone, from any background, who earnestly desires to follow these traditions;
3. Familiarise themselves with the Health and Safety policy of their employer, or where this does not apply, an appropriate policy needs to be formulated and adhered to. Appropriately deal with accidents or emergencies, keep notes and logs and report to the relevant party when necessary.
4. Uphold the integrity of their vocation by conducting themselves in a professional and conscientious manner;
5. Acknowledge the limitations of their skills and scope of practice and where appropriate, refer students to seek alternative instruction, advice, treatment, or direction;
6. Create and maintain a safe, clean, and comfortable environment for the practice of yoga;
7. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religious affiliation, or sexual orientation;
8. Respect the rights, dignity, and privacy of all students;
9. Avoid words and actions that constitute bullying and/or sexual harassment;
10. Follow all local government and national laws that pertain to their yoga teaching and business;
11. Never engage in any conduct or activities that discredit Yoga Alliance Professionals, or which brings our name into disrepute.