

Integrity Guide for Yoga Participants

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Compiled by the *Board of the Belgian Kundalini Yoga Federation* and the *Hotline Integrity*.

Eight Guidelines for Yoga Participants to Support a Safe, Wholesome and Enjoyable Yoga Experience.

- 1. I HAVE THE RIGHT TO FEEL SAFE**
- 2. I TREAT EVERYONE AS EQUAL**
- 3. I RESPECT MY OWN LIMITS**
- 4. I RESPECT THE BOUNDARIES OF OTHERS**
- 5. I DARE TO SPEAK UP**
- 6. I AM COMMITTED TO HEALTHY RELATIONSHIPS**
- 7. I DO NOT DISRUPT THE YOGA ACTIVITY**
- 8. I ENJOY MY YOGA**

1. I HAVE THE RIGHT TO FEEL SAFE

- During a yoga activity I should be able to turn inward in confidence. If I do not experience that safety, I will talk to the teacher about it so we can explore together how we can improve the situation.
- I follow my own pace and I make my own choices. No-one, not even the yoga teacher, can force anything on me.
- I know yoga brings me closer to myself. This can sometimes be confronting. When I am not sure whether something feels right or not, I ask myself: *does this serve my ego or my soul?*

2. I TREAT EVERYONE AS EQUAL

- There is no reason why I should perceive myself superior or inferior to other Yoga participants.
- Yoga teachers can inspire me, but I don't put them in a superior position. I work to develop and strengthen the connection with the teacher within myself.
- I do not participate in idealising a yoga teacher as this can lead to an incorrect perception of inequality that can cause problems.

3. I RESPECT MY OWN LIMITS

- I listen to my body and respect my physical limits. Yoga is not a competition.
- I only do what feels right. During challenging exercises, I listen to my inner voice and push my mental limits only by following my free will.
- I will not allow a teacher or a fellow student to exercise power over me. I decide autonomously what I choose to do or not, where and when and under what guidance.
- I will not tolerate anyone crossing my boundaries. I do not accept sexist, racist, or aggressive communication, sexual harassment, bullying, or discrimination.
- I will not allow my privacy to be invaded.
- *Kundalini Yoga as taught by Yogi Bhajan* is a wonderful tool, but it is not a religion. I choose what I want to apply.

4. I RESPECT THE BOUNDARIES OF OTHERS

- I know that in this form of yoga hands-on assists are not used by teachers to *correct* participants postures.
- When there is physical contact in exercises, as is the case in the Venus kriyas, I respect the dignity and integrity of my fellow students. These exercises can only be performed with the consent of all participants.
- I know that sexual behaviour has no place in the yoga context.
- I respect the privacy of others.
- I respect the rules that apply to the location where the yoga takes place.
- I am willing to listen to feedback on aspects of my behaviour or communication that are perceived to be inappropriate.

5. I DARE TO SPEAK UP

- I ask questions when something is unclear or doesn't feel right. Yoga teachers can make mistakes and I can point that out to them in a respectful way.
- I know that transgressive behaviour also exists in the yoga context. I want to help ensure that it doesn't get a chance to take root by talking about it openly.
- Whenever I experience or witness transgressive behaviour in the yoga context, I report it to a person I trust who can take appropriate action. This could be the yoga teacher, a fellow student or an organiser. If I cannot find a way to be heard right away, I will not give up and I will contact the Integrity hotline (details on www.kundaliniyoga.be).
- The sooner I report transgressive behaviour, the better it is for everyone. However minor it is, I'll report it. It could be a precursor to something more serious.

6. I AM COMMITTED TO HEALTHY RELATIONSHIPS

- I respect the other participants, their limits and their privacy.
- I am aware that yoga teachers may also be looking for warmth or support because of loneliness or other issues. I am not the right person to respond to their requests in that regard. The Integrity hotline can help me if necessary.
- I know the role of yoga teachers is to serve the soul of their students and not to satisfy their own needs.
- I realise that a healthy teacher-student relationship is particularly important in the context of individual sessions.

7. I DO NOT DISRUPT THE YOGA ACTIVITY

- I arrive on time out of respect for the yoga teacher and the other participants.
- My clothing is modest, clean and suitable for a yoga activity.
- I act calmly and do not disrupt the group energy.
- I avoid using strong perfume because it can be distracting.
- When chanting, I do not raise my voice above that of the other participants.
- I consider a yoga class to be a meditation and do my best to stay focused.
- During the class I follow the instructions of the yoga teacher *taking into account all guidelines regarding my own boundaries.*

8. I ENJOY MY YOGA