

# Whatever **10**

YOU  
do in life,  
YOGA  
shows you  
how  
to DO it  
BETTER

## Chapter 10

### Ethical Codes

#### Objectives

Ethical codes of Yoga Teachers

Ultimate Yoga Teacher's qualities



# 10

## Objectives

In this chapter, I'll

- explain you ethics of a Yoga Teachers and quality of ultimate Yoga teacher.

At the end of this chapter;

- You will learn the steps to become an ultimate Yoga Teacher.

## Ethical Guidelines for Yoga Teachers

- *Yoga* teachers understand and appreciate that teaching *Yoga* is a noble and ennobling endeavour, which aligns them with a long line of honourable teachers.
- *Yoga* teachers are committed to practicing *Yoga* as a way of life.
- *Yoga* teachers are committed to maintaining impeccable standards of professional competence and integrity.
- *Yoga* teachers dedicate themselves to a thorough and continuing study and practice of *Yoga*, in particular the theoretical and practical aspects of the branch or type of *Yoga* that they teach others.
- *Yoga* teachers are committed to avoiding substance abuse and, if for some reason, they succumb to chemical dependency will stop teaching until they are free again from drug and alcohol abuse. In that case, they will do everything in their power to stay free, including full accountability to a support group.
- *Yoga* teachers will accurately represent their education, training, and experience relevant to their teaching of *Yoga*.
- *Yoga* teachers are committed to promoting the physical, mental, and spiritual well-being of their students.
- *Yoga* teachers, especially those teaching Hatha-*Yoga*, will abstain from giving medical advice, or advice that could be interpreted as such, unless they have the necessary medical qualifications.
- *Yoga* teachers particularly embrace the ideal of truthfulness in dealing with students and others.
- *Yoga* teachers are open to instructing all students irrespective race, nationality, gender, sexual orientation, and social or financial status.
- *Yoga* teachers are willing to accept students with physical disabilities, providing they have the skill to teach those students properly.
- *Yoga* teachers will treat their students with respect.
- *Yoga* teachers will avoid any form of sexual harassment of students.
- *Yoga* teachers wishing to enter a consensual sexual relationship with a present or former student should seek the immediate counsel of their peers before taking any action.

- *Yoga* teachers will never force their own opinions on students but appreciate the fact that every individual is entitled to his or her worldview, ideas, and beliefs. At the same time, however, *Yoga* teachers must communicate to their students that *Yoga* seeks to achieve a deep-level transformation of the human personality, including attitudes and ideas. If a student is not open to change or if a student's opinions seriously impede the process of communicating Yogic teachings to him or her, then the *Yoga* teacher is free to refuse to work with that individual and, if possible, find an amicable way of dissolving the teaching relationship.
- *Yoga* teachers will make every effort to avoid exploiting the trust and potential dependency of students and instead encourage them to find greater inner freedom.
- *Yoga* teachers acknowledge the importance of the proper context for teaching and agree to avoid teaching in a casual manner, which includes observing proper decorum inside and outside of class.
- *Yoga* teachers strive to practice tolerance toward other *Yoga* teachers, schools, and traditions. When criticism has to be brought, this should be done in fairness and with appropriate regard for the facts.

These Ethical Guidelines are not exhaustive, and the fact that a given conduct is not specifically covered by these Guidelines does not say anything about the ethical or unethical nature of that conduct.

*Yoga* teachers always endeavour to respect and, to the best of their abilities, adhere to the traditional Yogic code of conduct as well as to the law current in their country or state.

## Qualities of the Ultimate Yoga Teacher

Apart from possessing 20 *yama* and *niyama*, an Ultimate Yoga Teacher should also strive the following qualities;

1. **Presence** - is one of those indescribable qualities that you can feel when a great *yogi* walks into the room - their presence commands attention. Their energy can pick you up, it can make you feel at ease, it can make you feel welcome, and it can make you want to practice yoga even when you're not feeling so hot. Even if only for one class, their presence provides a sense of purpose while you're on that mat.
2. **Personalization** - When you take something seen as complex (for many people, *yoga* is still esoteric), break it down and make it accessible, yet doing so in a way that's 100% unique and authentic to you is the quality that can be built and polished over time.
3. **Physical Skills** - Some make the *yoga* practices look easy because they have ballerina-like agility, gymnast-like bodies, or pure brute-strength. But a great *yoga* teachers practice is different - it's as if every movement is the result of an intentional thought, knowing exactly where every body part is supposed to be. Though you don't have to be the most gifted physically practitioner to be a great teacher, you do need a minimum skill level to teach at a high level.
4. **Versatility** - Just like a great basketball coach is flexible enough to adjust their game plan at any minute, a great *yogi* spots his or her students needs or abilities and can adjust on the fly. They can do this because they're in tune, and because their teaching has the depth to go any which way.
5. **Adaptation** - A great teacher can react without compromising their class theme or focus and go with more flow, alignment, or spirituality depending on whatever they might need. A great *yogi* strikes the perfect balance of all three - when the class needs to wake-up - a little more core work, or maybe some words of encouragement to lift their spirits, or even back-to-the-basic adjustments are in order.
6. **Work & Feel the Room** - Great leaders can work the room and make every person they come in contact with feel special, if just for a few moments. It's as if they can effortlessly feel their way around a room. Whether it's a subtle touch, a name call-out, or even just a glance that lasts a nanosecond, connecting with students creates a personal touch.
7. **Adjustments** - In modern world every one wants to introduce their own ways to practice *yoga* postures, every instructor teaches and practices a pose differently. Student often attend multiple teachers classes and can easily develop bad habits

time and can often lead to injury. Great teachers intelligently let a student know 'I'm watching and paying attention and I'm here to help your practice.

8. **Details** - God is in the details, especially when it comes to the subtleties of one's *yoga*. When you practice for a while, it's the details that take you to new places in your practice, places that you never thought you could get to before. Talking about the *bandha* - they are interior body locks and their application for internal support, physiological effects and purpose of postures, an expanded worldview of the power of breath; leaves students with practical information, making them efficient practitioners and taking their practice to another level that they want to come back for more.
9. **Warmth** - When a great *yogi* walks into a new yoga class of seasoned *yogi* or a first-timer he/she will spot them and find a way to make you feel comfortable. either through the power of a smile, passing a yoga prop or simply asking about any physical issues he/she should be aware of. Offering up an "it's no big deal" statement, when students are struggling or falling out of a pose, or even a high-five to someone who probably prefers it is a quality you will see in Great a *yogi*.
10. **A sense of humour and humility** - Smiling, bringing a sense of joy and love to your teaching, laughing at your obvious mistakes, sharing funny stories; these all keep the class light while maintaining the integrity of the process. Quality teachers aren't afraid to say, "I don't know" rather than make up an answer and are willing to show themselves with all their flaws in both the expression of their teaching as well in interactions with their students.
11. **Language** - A great teacher doesn't just talk for the sake of talking, they make every word count. And when it comes to mixing words with movement great *yogi* use such deliberate fast-paced diction, detailing every movement in such a way that's so fluid and accurate. And when it comes to delivering words, sometimes through silence punctuated with a meaningful take on life, pouring out authentic advice is worth the price of admission.
12. **Passion for constant learning and ability to change:** Teaching *yoga* is not static. Over years you'll change, what you emphasize will change but along with that comes a requirement that you're always looking for ways to increase both your academic knowledge of yoga as well as continue to push yourself to improve personal expression. This kind of personal expression only grows deeper and takes on a richer quality as you get more experience, as you learn from your mistakes, as you take risks, as you're willing to step into your full sense of yourself at all times.

