

This version of the IY(UK) Ethical Guidelines is designed to help members and teachers better understand the spirit and purpose of each part, using accessible, everyday language, and referencing the Yamas and Niyamas.

I. Professional Ethics – Our Responsibilities as Iyengar Yoga Teachers

As Iyengar Yoga teachers, we're committed to keeping our standards high – in how we teach, how we keep learning, and how we represent the method and community.

- We stay committed to the path laid out by B.K.S. Iyengar, continuing to deepen our own understanding and practice. This is a lifelong study, and we honour that by engaging in ongoing training, study with more experienced teachers, and participation in IY(UK) events and learning opportunities. (Tapas and Svadhyaya)
- We're honest about our qualifications and experience, never claiming to be more advanced than we are. We make sure students know exactly what we can offer. (Satya)
- In class, we teach Iyengar yoga as it is. We don't mix it with other disciplines – like therapy, medicine or other forms of yoga – unless we are properly qualified and licensed to do so. (Aparigraha)
- We speak respectfully of others. We avoid criticising other Iyengar teachers or other styles of yoga in public, especially when the people involved aren't there to respond. (Ahimsa)
- We use the Iyengar Yoga name and symbols responsibly, following the rules for how the temple and figure marks are used, and respecting the work of Mr Iyengar and the community. (Asteya)

II. Our Responsibility to Students and Society – Social Ethics

We aim to create a safe, inclusive, and respectful space for all who come to learn.

- We're truthful and transparent with our students and those we work with. (Satya)
- We welcome everyone, no matter their background, identity, financial situation, or physical condition – as long as we have the skills to support them safely. (Asteya)
- We maintain professional boundaries. We never use our position as teachers to manipulate or harm others, and we're clear about what behaviour is appropriate in class. (Ahimsa and Bramacharya)
- We recognise that students often look up to us and may trust us deeply. Because of this, we are careful with relationships that go beyond the teacher–student dynamic – especially if they become personal or intimate. We do not use our position to bully or intimidate students. (Ahimsa and Aparigraha)
- If we can't continue teaching someone – for any reason – we help them find another Iyengar teacher if possible, rather than just ending the relationship without care. (Aparigraha)
- We are sincere and thoughtful in our teaching. We don't take it lightly or teach casually without preparation or commitment. (Tapas)

III. Personal Ethics – How We Live and Present Ourselves

How we live reflects in our teaching. Our personal habits and conduct should support the clarity and purity we seek through yoga.

- We look after ourselves and our appearance, keeping ourselves clean, well-groomed and modestly dressed when teaching. (Sauca and Bramacharya)
- We avoid harmful substances like alcohol or drugs, which can cloud our judgement and affect our presence. (Sauca)

IV. Our Relationship with the IY(UK) Ethical Guidelines

By being part of IY(UK), we agree to follow these ethical principles.

- These guidelines don't cover every situation. Just because something isn't mentioned doesn't mean it's automatically acceptable – we use our judgement, draw on yogic principles and follow the law.
- Not knowing the rules isn't an excuse. We're each responsible for understanding and upholding the standards set out here.
- If we are asked to take part in an ethics investigation, we are expected to cooperate fully.
- If we're unsure about what's right, we can contact the IY(UK) Ethics Committee for guidance.