

**MISSION STATEMENT AND CODE OF ETHICS**

**Mission Statement**

The Yoga Association of Alberta (YAA) is a non-profit organization that offers yoga activities to the public for the purpose of providing self-development opportunities. In order to develop yoga on a provincial level, the Association has representation from different regions of the province. This ensures that the Association can address the different needs of members through Alberta. The Association will establish the number of regions deemed appropriate from time to time to meet its goals. Initially, there will be three regions: Northern (Edmonton & north), Central and Southern (Calgary & south).

**Code of Ethics**

The YAA views its activities as promoting increased public knowledge and availability of yoga. All individuals in the association are encouraged to participate in these activities in an atmosphere of cooperation. The Code of Ethics as adopted at the 1979 annual meeting of the Association is:

- To treat others with dignity, respect and consideration of their circumstances
- To act in such a manner so as to maintain and honour the traditions of yoga
- To study, practice and expand the knowledge of yoga
- To improve the standards of yoga within the community

**Guidelines for YAA Certified Teachers based on the above Code of Ethics**

- Teachers agree to adhere to the Code of Ethics and these Guidelines with their YAA Certification and recertification. Failure to abide by these Guidelines may result in revocation of YAA Certification and membership, in accordance with the YAA Policies on Harassment and Abuse, Conflict of Interest, Dispute Resolution and Appeals.
- Teachers support the YAA in carrying out its Mission, Goals and Role of the Association.
- Teachers adhere to the policies of the YAA.
- Teachers provide accurate information regarding their credentials and training.
- Teachers deepen their knowledge, keep up to date with new developments in yoga and maintain and improve their teaching skills. This is a requirement for both receiving recertification and for maintaining Permanent Certification.
- Teachers adhere to traditional yoga principles as written in the yamas and niyamas and refrain from making any comment, gesture, or contact that is likely to cause offence or humiliation.
- Teachers conduct themselves in a professional and conscientious manner, follow all local and national laws that pertain to their yoga teaching and business, and act with ethical and financial integrity.
- Teachers refrain from making exaggerated claims about the benefits of yoga, acknowledge the limitations of their skills and scope of practice, and where appropriate, refer them to other teachers, suitable practitioners, or to the YAA office.
- Teachers do their best to create and maintain a safe, clean and comfortable environment for the practice of yoga.
- Teachers inform students of their personal yoga philosophy and style, practice tolerance and acceptance of the views of others, and encourage critical thinking and self-inquiry within their students.
- Teachers do not malign other yoga professionals.
- Teachers respect the rights, dignity and privacy of all students, and are respectful, compassionate and truthful with all practitioners of yoga – fellow students and teachers alike.
- Teachers avoid words and actions that constitute sexual harassment or harassment based on other legally protected characteristics.
- Teachers encourage diversity and do not discriminate against students based upon their race, religion, nationality, gender, sexual preference, age or physical ability (except in the interests of providing a yoga class suitable to the student's needs).
- Teachers practice some form of karma yoga (selfless service) based upon their skills.

**Guidelines for YAA Members based on the above Code of Ethics**

- Members of the YAA should be aware of the Code of Ethics and Guidelines, which will be published annually in the Fall issue of the Yoga Bridge.
- Members of the YAA should adhere to the Code of Ethics on an honour basis.
- Members are aware of and support the Mission, Goals and Role of the YAA.
- Members adhere to the policies of the YAA.
- Members with suggestions or input may convey their ideas in writing to the YAA for consideration by the Executive.
- Members with specific concerns regarding the conduct of a YAA certified teacher can convey these specifics in writing to the YAA Executive.
- Members interested in becoming teachers should familiarize themselves with the YAA Teacher Training Syllabus.