
Members of the European Satyananda Yoga Family

Practical guidelines for ESYF members

We, the ESYF members, are committed to the Yogavidya as presented through Satyananda Yoga – Bihar Yoga. The authentic teachings of the Satyananda Yoga System are based on yogic attitudes and lifestyle principles (Yamas and Nyamas) that have existed for thousands of years. The practical guidelines for ESYF Members derive from these yogic attitudes. ESYF members aim to impart yogic teachings and live according to yogic principles.

- We respect the different yoga traditions. The yoga we teach, is in strict alignment with the integral yoga system and tradition of Swami Sivananda Saraswati, Swami Satyananda Saraswati and Swami Niranjanananda Saraswati, known as Satyananda Yoga – Bihar Yoga.
- In order to support our personal and professional development, we regularly educate ourselves in regards to yoga sadhana and teaching practice by attending seminars and trainings with Satyananda Yoga Acharyas and Local ESYF Representatives (please refer to the list of *Local ESYF Representatives* on our website).
- To the best of our abilities we regularly connect to the source of Satyananda Yoga – Bihar Yoga by attending courses/events at Yoga Peeth, Ganga Darshan in Munger (India) and therefore ensuring our participation in the overall development of the living Satyananda Yoga – Bihar Yoga tradition.
- To the best of our knowledge and belief, we focus our efforts to impart traditional yogic teachings in a manner that allows the student to benefit in the best possible way for their physical, mental, emotional and spiritual development.
- In all teaching settings we emphasize the great importance of development of awareness. The practices and methods address all levels of the personality and our students are encouraged to become aware of their experiences and the effects the practices have.
- We foster the student's inner awareness by providing primarily verbal instructions and creating a natural, quiet and relaxed atmosphere, free from pressure to perform.
- The yoga offered is designed in a way that everyone is able to participate and benefit from the practices, regardless of age, abilities and health conditions. In all teaching situations, we encourage student's independence and self-responsibility.
- As yoga teachers, we know and respect our abilities and limitations. We teach on the basis of the knowledge and experience gained through our own studies and practice.
- We encourage students to contact experienced specialists if we notice they need professional healing treatment. We are willing to communicate and cooperate with the student's attending specialist in order to support in a safe and positive way the best possible health progress.
- As yoga teachers, we act in an honest, respectful, tolerant and responsible manner. We abstain from any mental, physical, social and material exploitation of the students and encourage independent thinking and the development of individual responsibility. We respect the different motives for course attendance and handle personal information in a confidential manner.
- We recognize the equal worth of all human beings, regardless of gender, ethnic origin and political or religious conviction. As yoga teachers, we respect the intellectual and religious freedom of other individuals.