

## **CODE OF CONDUCT AND PROFESSIONAL STANDARDS**

### **Concerning the Registration with the "Register of the Teachers of Kundalini Yoga as Taught by Yogi Bhajan-Ikyta Italy Professionals".**

In the present Code of Conduct the expression "Kundalini Yoga Teacher" and/or "Kundalini Yoga" refer respectively to the expression "Kundalini Yoga Teacher as taught by Yogi Bhajan®" and/or "Kundalini Yoga as taught by Yogi Bhajan®".

#### **The Teacher-student relationship**

1. It is the responsibility of the Teacher to maintain a conscious and professional relationship with students and with other Teachers. A Teacher recognises that the Teacher-student relationship involves an imbalance of power. This applies equally to a student who no longer attends the Teacher.
2. A Teacher recognises the implicit trust placed in him or her because of the unique power of the Teacher-student relationship. A Teacher consciously avoids any relationship with a student that is profitable in any way, i.e. he or she never uses the relationship for personal gain or benefit.
3. All forms of sexual involvement with students are unethical and unprofessional, even when a student invites or consents to such behaviour. Sexual behaviour includes, but is not limited to, all forms of seductive language, overt and covert gestures and actions.
4. All forms of financial involvement with students are discouraged and may be subject to disciplinary review. Financial involvement includes, but is not limited to: loans, gifts and business dealings. Payment for teaching services is permitted. If you have any questions about financial involvement, please contact IKYTA ITALY. T
5. The provisions of points 2 - 3 - 4 remain in force as long as the Teacher-student relationship is maintained and for no less than 6 months after the student has ceased taking lessons or training from the Tutor.
6. A Teacher will never engage in harassment, abusive words or actions, or coercion of students or former students, of course including minors.
7. A Teacher shows sensitive respect for the moral, social and religious standards of students and avoids imposing his or her personal beliefs on others.
8. A Teacher will not advise a student to go against the advice of their health care professional.
9. A Teacher realises that he/she is a vehicle for these teachings, never their source. A Kundalini yoga Teacher does not initiate anyone as a disciple.
10. A Teacher strives to build the student's connection with the teachings and with his own soul, rather than with any personality.
11. If a Teacher is unable to continue the Teacher-student relationship, the Teacher will, at the student's request, connect the student to other teaching resources in the Kundalini Yoga Teacher community.
12. A Teacher treats all communications with students with respectful and appropriate confidentiality.

**13. Any behaviour contrary to articles 1 to 12 inclusive shall be subject to disciplinary review by IKYTA ITALIA's autonomous "Ethics and Professionalism" body.**

**Class structure**

1. A Teacher teaches kriyas (which include postures, mantras, meditations or sets) as they were taught by Yogi Bhajan, with the exception of reducing the timing of postures or varying postures when necessary to accommodate the physical limitations of the students.
2. A Teacher does not create kriyas (postures, mantras, meditations or sets). A Teacher does not combine teachings or practices from other paths into a kundalini yoga kriya as taught by Yogi Bhajan.
3. A Teacher acknowledges that he/she is part of the Golden Chain by starting each class with the Adi Mantra, chanting "Ong Namō Guru Dev Namō" at least 3 times. Each class ends with the song "Long Time Sun" and Long Sat Naams.
4. A Teacher is responsible for maintaining the integrity and sacredness of the Yoga Kundalini teachings.
5. A Teacher does not exaggerate or misrepresent the benefits of Kundalini Yoga as taught by Yogi Bhajan®.
6. In a Kundalini Yoga class, a Teacher wears appropriate, modest and clean clothes. A head covering is strongly recommended.
7. A Teacher upholds the yogic law "If you come empty-handed, you will leave empty-handed" by encouraging students to make an offering.

**Public communications – Advertising**

1. These guidelines are designed to support the quality of teaching and to comply with all legal guidelines for the proper representation of our services.
2. Communication must be based on the Principle of Transparency, Fairness, Truthfulness.
3. IKYTA ITALIA authorises the individual Teacher to refer to the membership.
4. A Teacher accurately represents his or her professional qualifications and certifications together with his or her affiliations and/or sponsorship from any association or organisation.
5. Advertisements and brochures promoting classes or courses based on the teachings of Yogi Bhajan describe and picture them with accuracy and grace.
6. A Teacher will represent himself/herself, IKYTA ITALIA, Yogi Bhajan truthfully and accurately in all public communications. Promotional communications will follow the guidelines set by IKYTA ITALIA, which correctly reflect its mission.
7. Promotional communications shall also be sent to IKYTA ITALIA.

## Teachers in the Community

1. A Teacher supports the service of other Teachers through conscious communication that avoids negativity or undue attribution concerning the efforts of other Teachers.
2. A Teacher speaks and acts respectfully, especially with other Kundalini Yoga Teachers, as well as Teachers of other yoga traditions or any other activity pertaining to physical well-being.
3. A Teacher does not knowingly solicit students of another Teacher.
4. A Teacher builds the unity of the Global Community by embracing diversity, a willingness to collaborate and a commitment to act for the benefit of all.
5. A Teacher Member acts as an integral member contributing to national education. He/she acts as a representative of the professional and ethical policies of IKYTA ITALY.
6. A Teacher cultivates the ethical integrity of our culture of Teachers by seeking assistance for a Teacher involved in what appears to be a breach of these standards through IKYTA ITALY.
7. At all times a Teacher's behaviour represents the purity and integrity that Yogi Bhajan has taught.
8. At all times a Teacher will acknowledge the lineage of the Golden Chain and the Teachings with respect and reverence.

## Professional competence

1. The Teacher recognises and defines the professionalism of the members of the Register as the awareness of the limit, the guarantee of rationality and respect for the ethical and deontological rules in this specification.
2. In order to keep the level of the people enrolled in the Register of Kundalini Yoga Teachers high and unquestionable, and so that any user and any term can benefit from it in terms of professionalism, according to the Law 14th January 2013 n. 4, each member grants an express mandate to IKYTA ITALIA to verify the respect and the congruity of the professional and qualitative standards expressed by the present deontological code.
3. An autonomous body called "Ethics and Professionalism" is therefore set up within the Board of Directors, included in the Organigram, with the task of ascertaining the constant professional updating and the respect of the code of conduct by the members.
4. The same body may, as required by Law No. 4 of 14 January 2013, impose the following sanctions:
  1. Invitation to carry out;
  2. Formal warning;
  3. Suspensions;
  4. Exclusion from the Register - Termination of Ikyta Italia registration.
5. Any Teacher found liable or guilty in a civil or criminal court, by findings of fact or judgment for moral turpitude offence or fraud, or guilty of failing to comply with this code of conduct is subject to discipline by IKYTA ITALY.

6. Any Tutor whose actions are against the interests of IKYTA ITALIA or the entities that support its services and which involve breach of fiduciary responsibility (acting or holding in trust) or financial misconduct is subject to discipline by IKYTA ITALIA.
7. A Teacher strives to continuously improve his/her professional knowledge and skills. He/she attends refresher courses published or recognised by IKYTA ITALIA for at least 20 hours per year, among which, by way of example but not exhaustive, are included the second level, third level and/or courses presented or recognised by KRI Aquarian Trainer Academy. The individual Teacher must give express communication to IKYTA ITALIA.
8. A Teacher is not addicted to alcohol, tobacco or drugs (except for medical purposes). A Teacher does not allow the use of alcohol, tobacco, or drugs in any Kundalini Yoga course, class, or event.
9. A Teacher must comply with the norms deriving from the registration in the Italian Register of the Kundalini Yoga Teachers-Ikyta Itali Professionals, including the control according to the law inherent to the Deontological Code and Professional Standards according to the art. 27-bis of the Consumer Code, in accordance with the Legislative Decree 6 September 2005, n. 206.
10. A Teacher complies with this Code of Conduct and Professional Standards, contracts and licences with IKYTA ITALIA.

**A Teacher is responsible for complying with the most up-to-date Code published on the website**

[www.ikytaitalia.org](http://www.ikytaitalia.org)

**Signature**

**Date**

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I, the undersigned..... specifically endorse the clauses set out in the paragraphs:

**"Teacher-Student Relationship".**

- Art. 1 - Recognition of Teacher/student imbalance.
- Art. 2 - Profitable relationship with the student.
- Art. 3 - Non-ethical sexual involvement with student.
- Art. 4 - Non-financial involvement with student.
- Art. 6 - Harassment, abusive actions, coercion of students and former students.
- Art. 8 - Antithesis health worker.
- Art.12 - Confidentiality of communications.
- Art.13 - Disciplinary Review.

**"Class Structure"**

- Art. 1 - Kriya Authenticity.
- Art. 2 - No variation and/or integration of Kriya with other techniques.
- Art. 4 - Integrity and sacredness of the teachings.
- Art. 5 - Benefits of Kundalini Yoga.

**"Public Communications – Advertising"**

- Art. 2 - Principle of Transparency, Correctness, Truthfulness of information.
- Art. 6 - Truthful and appropriate representation of oneself, IKYTA ITALY and Yogi Bhajan.
- Art. 7 - Sending promotional communications to Ikyta Italia.

**"Teachers in the Communities"**

- Art. 1 - Support and representation of other Teachers.
- Art. 2 - Respect for other Yoga traditions or any other activity related to physical well-being.
- Art. 3 - Conscious respect of students of other Teachers.
- Art. 4 - Diversity, willingness, collaboration and commitment.
- Art. 6 - Ethical integrity and seeking assistance for Teachers for alleged violations of the code of ethics.

**"Professional Competence"**

Art. 1 - Recognition of professionalism.

Art. 2 - Mandate expressed to Ikyta Italia for the verification of compliance and congruity of professional and quality standards.

Art. 3 - "Ethics and Professionalism" Board and its institutional task.

Art. 4 - Imposition of sanctions.

Art. 5 - Liability and/or culpability ascertained.

Art. 6 - Conflict of interest with IKYTA ITALY or the entities that support its services.

Art. 7 - Improvement of professional skills and knowledge for at least 20 hours per year. Communication to IKYTA Italy.

Art. 8 - Drug addiction and use.

Art. 9 - Compliance with the code of conduct pursuant to Art. 27-bis of the Consumer Code, as per Legislative Decree No 206 of 6 September 2005.

**Signature**

**Date**

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