

# Ethical guidelines

We at the Red Earth Wellness and Yoga adopt the ancient, traditional approach to yoga teaching to inculcate in each student the wisdom that yoga manifests. Teaching and learning is therefore designed in such a way that ethical practices are naturally ingrained in the students at our facilities. The great guru of yogic practice, Maharishi Patanjali prescribed certain rules of conduct according to which a person is expected to behave in society. Yogic individuals are expected to follow this ancient, personal code and conduct (Niyama). We require our students to understand and sincerely practice this code of conduct to the best extent possible.

Before you register for our courses, please bear in mind that our traditional methods of yoga teacher training may differ from practices followed in Western countries. There could be fundamental differences in the understanding of the yogic path, which may be entirely contrary to the methods of yoga schools in the Western world. We believe that modified exercises that go by the name of yoga are not true to traditional yoga practice. We therefore require that you only apply for our courses if you are willing to commit to the strict regimen we follow.