



# YAMAS AND NIYAMAS

© INDU ARORA AND YOGSADHNA

## - ONLINE -

### NAMASTE!

**Any kind of training provides an excellent opportunity to bring changes to our attitude, aptitude, life, and thinking. Whether this will be your first time here or you are a regular, I appreciate your presence in this training. I wish that this training is a transformational event in your life.**

To take full advantage of this opportunity, it is important that we adhere to certain rules, principles, and ethics. These codes are called **Yamas** and **Niyamas** in Vedic tradition. They are essential to truly grasping the essence of such trainings and subject matter. These pages will introduce you to the unique context of the classroom culture, founded on the traditional Vedic principles of respect, trust, and modesty. They are shared here with the intention to provide a safe, nurturing environment for all students. I humbly request you help us collectively achieve this by reviewing and observing our rules of **Yamas** and **Niyamas** (etiquette).

Participation in this training requires that all trainees read and agree to the following code of ethics.

**In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for teachers, we agree to accept the following foundational principles:**

## **AHIMSA: NONVIOLENCE**

**Late Arrival Time:** If arriving after class has begun, a student should enter the online classroom silently, not interfering with the ongoing session. Be sure to be situated in your space before turning on your camera so that your entrance does not create a distraction from the class. Should you arrive late, you will be in the waiting room and will be admitted to the classroom as soon as the moderator/teacher can admit you with the least amount of disruption to the ongoing class.

**Other Traditions:** Trainees shall strive to practice tolerance toward other Yoga teachers, schools, and traditions. When criticism has to be brought, this should be done in fairness and with appropriate regard for the facts. Speaking of other teachers with disrespect is unethical and creates a distasteful environment for learning.

**Distractions/ Cell Phone:** Prior to class time, be sure to establish a quiet space where you can concentrate on the class. Have needed materials nearby and be fully ready to be present in class. Communicate with those who share your space and ensure that pets will be taken care of so that they will not create a distraction in the class. Cell phones are to be turned off during classroom time.

**Cross Talk and Loudness:** Please refrain from group/private chat conversations during the lecture or while the teacher is sharing. This is to keep the sanctity of the class, avoid distraction and maintain ahimsa (nonviolence through words, actions, and thoughts) all the time.



**Queries:** Please refrain from asking questions (person- or subject-related) of the teacher at break times like lunch hour, restroom break, before the class begins, and upon ending of the session. Be mindful that your rest time is the teacher's rest time, also. Proper space is given from time to time in the session for Q & A. Unless directed differently by the teacher, if you have questions during class, please send them to the moderator rather than posting to everyone or sending a direct message to the teacher.

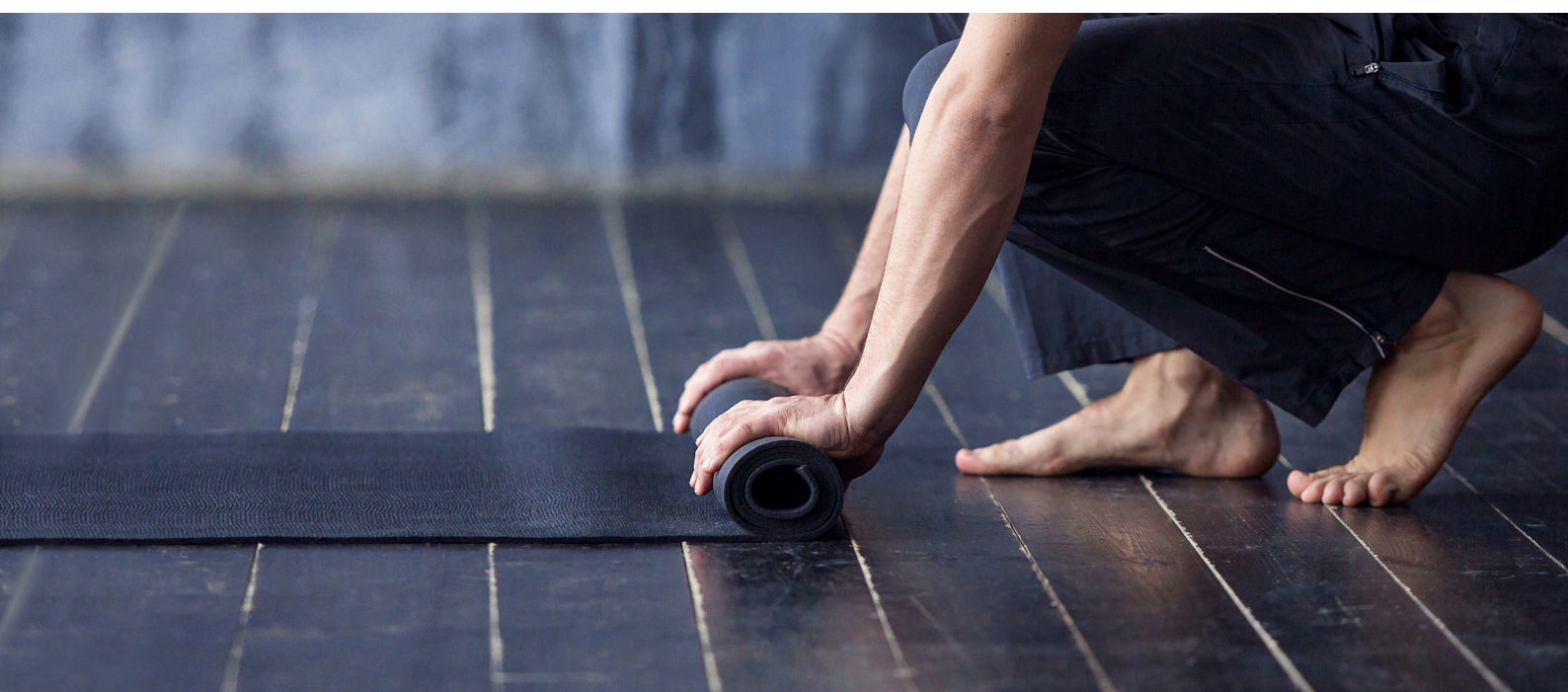
## SATYA: TRUTHFULNESS

**Queries:** Trainee/student should avoid any kind of exaggeration in terms of sharing their experiences. Please refrain from asking personal questions during the class lecture hours.

## ASTEYA: NON-STEALING

**Arrival Time:** Please be on time. Log on at least 5-10 minutes prior to the class start time in order to be completely ready for class and maintain an environment of quiet contemplation prior to the start of class.

**Acknowledgement of the Source:** Be mindful of acknowledging the source of the knowledge/words by stating the name of the teacher, book, website, etc. wherever the information is inspired from.



## BRAHMACHARYA- MODERATION IN SENSORY ENGAGEMENTS/STUDENT CODE

**Attendance:** The student should be present during the entire live training session. This is required to make sure you have attended the number of hours as aligned with the certificate as well as to secure the CEU's thorough professional organizations. If you are not able to be present for some part of the session, ensure that you have communicated with the teacher as described in the **Missing Class** section, next.

**Missing Class:** The teacher should be notified by email about any delay or absence along with the reason. Emails may be directed to [induarora@yogsadhna.com](mailto:induarora@yogsadhna.com)

**Sexual Etiquette:** Everyone, irrespective of background, race, religion, tradition, color, age, gender, sexual orientation is welcome to the training. As trainee/student, you agree to not engage in sexual harassment. Sexual harassment is sexual solicitation, physical advances, or verbal or nonverbal conduct that is sexual in nature, that occurs in connection with the trainee's activities or roles as a student and that either (1) is unwelcome, is offensive, or creates a hostile educational environment, and the trainee knows or is told this or (2) is sufficiently severe or intense to be abusive to a reasonable person in the context. Sexual harassment can consist of a single intense or severe act or of multiple persistent or pervasive acts.

**Eating/Drinks:** Do not eat/chew gum/candy with the camera on in the training session. Trainees/students are welcome to bring tea/water/coffee. Appropriate breaks are given during the training to relax, stretch, eat, and use the restroom. If you absolutely must eat during the training session, please switch off your camera.

## APARIGRAHA: NON-POSSESSIVENESS, NON-GREED

**Recording and Pictures:** Recording devices of any sort (video/audio) are not allowed during the class. Do not take pictures during the class until and unless suggested by the teacher. When appropriate, materials including notes or other handouts may be distributed to students prior to the class. Please review the materials and use them only for your own reference. Do not take screen shots/photos/videos of the study material. Please refrain from making videos of the class to share on social media. If you would like to share a photo of the session to share on social media, make sure no other participants are in the picture and only have the speaker mode view on.

**Audio:** Avoiding unmuting yourself and sharing without a prompt from the teacher. When the teacher opens the platform for sharing, you may use the raise hand feature and when the teacher calls your name, unmute yourself and share. Questions may be directed to the moderator at any time during the class. In the absence of a moderator, you may communicate your desire to share through the chat box.

## SAUCHA: PURITY & CLARITY OF MIND, SPEECH AND BODY

**Hygiene:** Please wear clean, fresh clothing. Maintain proper hygiene as a participant. Keep the body, clothes, and Yoga mat/asana clean.

**Dress Code:** Wear yoga-appropriate dress, which is graceful, comfortable, breathable, and not too tight. Avoid wearing mala beads, bracelets, other jewelry including a wrist watch during the practice session. This is to avoid any undue pressure on the body during the practice. Be aware of your personal surroundings and what will appear in the background of your online presence.

**Vedic Dress Code (optional):** We follow the color code based on the planet, day, and color. If the trainee/student feels inspired to be dressed following the Vedic color code, here are the guidelines to benefit from the aligning with Macro-cosmic energies.

- Monday (Moon): White/Pink/ Off White/Silver/Shades of white and moonlight
- Tuesday (Mars): All shades of Orange and Red
- Wednesday (Mercury): All shades of Green
- Thursday (Jupiter): All shades of Yellow, brown, golden
- Friday (Venus): All shades of purple, lilac, violet, magenta
- Saturday (Saturn): All shades of grey, blue and black
- Sunday (Sun): All shades of sunrise- red, orange, yellow (bright colors)



**Drugs etc.:** Do not participate in the training while under the influence of mind-altering drugs or alcohol. If taking prescribed medication (affecting sleep, energy, moods, emotion), it is the responsibility of the trainee to consult with their medical physician regarding any side effects that could potentially impair their functioning or participation in the training.

**Smoking:** Smoking of any kind is not permitted in the virtual classroom setting/ studio campus.

## SANTOSHA: CONTENTMENT, ACCEPTANCE OF OTHERS AND OF ONE'S CIRCUMSTANCES

**Training material:** Every training session is unique in terms of exact content. It is not just inspired by the subject but also the participants. At times, a certain subject may go deeper based on the curiosity of the attendees. Irrespective, know that no training is absolutely complete without the work done by the participant. Training can always be fulfilling if you keep your mind open and accept the unique setting and group that you are a part of. The teacher shall do her/his best to share the subject with utmost sincerity and openness.

**Q & A:** Please keep the queries relevant to the subject matter in question. There will be a proper time and acknowledgment of the queries. Please make a note of the questions as and when they come up or send them to a moderator, if one is present. Most of the time, the queries are answered naturally in due course of discussion.

## TAPAS: AUSTERITY, SELF-DISCIPLINE

**Placement of Study Material:** Please do not keep the education material (notebook/ tablets/books/laptop/Japa mala) directly on the floor or touch them with the feet. All the education material is considered divine and it is considered disrespectful to touch them with the feet or keep them directly on the floor.

### **Children/babies:**

If the trainee/student must attend to children/babies/others, please ensure that camera and microphone are off.

**Pets:** Make arrangements for pets so that they do not create a distraction during class time.



## SVADHYAYA: STUDY OF SELF & SELF-REFLECTION

**Self Study:** It is important that during the days of the training, the trainee/student keeps a reflective attitude. Make sure to revise notes every day and/or read about the subject matter before and during the training. Such trainings are auspicious times to delve into our own minds.

### MENTORING WITH INDU ARORA

Indu Arora offers remote mentoring which includes the ongoing professional, personal, and/or spiritual guidance. Mentoring is a modern day “Guru-Shishya Parampara” that describes an integral part of the tradition of Yoga and Ayurveda throughout history.

It is open for Yoga teachers, Yoga therapists, Ayurvedic practitioners, and seekers at all levels of seniority and experience, as part of the continuing journey of Yoga and Ayurveda. Each mentoring session is tailored per the needs of the mentee in terms of duration and topic.

Schedule your 3-month/6-month remote mentoring with Indu by sending an email to [info@yogsadhna.com](mailto:info@yogsadhna.com).

\* Payment once made cannot be refunded or transferred. Session once scheduled cannot be re-scheduled.  
Thanks for understanding.



## STUDENT CONDUCT

The student must adhere to conduct that will not interfere with the learning process of any other students.

We (YogSadhna, Indu Arora, and the Studio) reserve a right of judgment to terminate a student on any of the following grounds:

- Non-conformity to rules and regulations
- Excessive tardiness which disrupts other students
- Dissatisfactory conduct toward the hosting studio and its staff
- Aiding, abetting or inciting others to commit any act that would detract from the normal operation of the Training program
- Theft

## CERTIFICATE OF COMPLETION PRE-REQUISITE

1. Make sure tuition is paid in full before Day 1.
2. Attend 100% of the training or Intensive sessions.
3. Personally initial our attendance sheet for each session.  
(In case of being absent for more than 2 hours from the training, an assignment (as given by the teacher) should be submitted via email within 7 days to procure the certificate.)
4. On the last day, complete and hand in the evaluation/feedback form or send it via email.
5. Your certificate will be available after the final session ends.

By reading/receiving this document as a trainee of the program, you agree to abide by these rules/conduct/ethics.

If you have any query, please write to [info@yogsadhna.com](mailto:info@yogsadhna.com).



**Thanks and humble regards**

**Indu Arora**

YogSadhna, INC