



Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

WEEKEND WORKSHOP

ETHICS IN YOGA: YAMAS & NIYAMAS

What are your ethics as a yoga teacher? In this workshop, you will articulate your own values and participate in lively discussions about ethics with other teachers. Together we will explore the foundations of ethics in yoga through the study of Patanjali's Yoga Sutras. Using the yamas (abstinences) and niyamas (observances), we will look at how these principles relate to practice and teaching in your own life.

Some questions for consideration: Are ethics a private matter? Is regulating yoga through an external regulatory board the right direction? What is yoga? How do you clarify and live your values as a yoga teacher?

This course is open to yoga teachers from all traditions.

Cost: \$395; \$100 deposit

Recommended Book: Your favourite translation of Patanjali's Yoga Sutras

When: Friday, September 26, 2014 to Sunday, September 28, 2014

Where: Yasodhara Ashram, 527 Walker's Landing Road, Kootenay Bay

Information: www.yasodhara.org/ethics

Contact: info@yasodhara.org / (250) 227-9224, or toll-free at (800) 661-8711

