

aYs Guidelines for safeguarding of children, young people and vulnerable adults

As Yoga teachers, we promote and uphold the principle of *ahimsā*, meaning non-violence and respect. This is one of the components of the *yama*, the first of the eight limbs of Yoga, set out in Chapter 2 of the *Yoga Sūtra of Patanjali*.

This informs the way we relate to each other; to our students; and to all people with whom we come into contact.

More specifically, *ahimsā* means 'consideration towards all living things, especially those who are innocent, in difficulty or worse off than we are' (YS 2.30 - commentary by TKV Desikachar in 'The Heart of Yoga').

ahimsā is followed by *satya*, which involves right communication through speech, writing, gesture and actions.

The aYs regards *ahimsā* and *satya* as the foundation for 'right action' for teachers in any contact they may have with others; and, in particular, with children, young people and vulnerable adults.

We have a responsibility to protect and support the welfare of vulnerable members of our community; to respect their needs and wishes; and to communicate honestly and with sincerity at all times.

It is especially important that we know how to proceed if we suspect that a child, young person or vulnerable adult is at risk of harm, abuse or neglect.

Accordingly, aYs adopts as its safeguarding policy, the wording of the 'Code of Conduct, Ethics and Performance' published by the Complementary and Natural Healthcare Council (CNHC).

Further, the current government guidance on the responsibilities of those working with children, young people and vulnerable adults can be found at:

<https://www.gov.uk/government/publications/working-together-to-safeguard-children->
[-2](#)

However, if at any time you have concerns about a safeguarding issue affecting either your teaching of Yoga or your membership of aYs, please contact the aYs administrator at [insert email] who will be able to signpost your query to the appropriate authority.