

KRI Scope of Practice

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Introduction

The KRI Scope of Practice (SOP) applies to every KRI-certified Kundalini Yoga Teacher. The SOP provides a clear, responsible description of Kundalini Yoga teaching, practice standards, and professional responsibilities for all Kundalini Yoga teachers, trainers, teachers in training, and others (hereafter collectively referred to as “Teachers” or “Kundalini Yoga Teachers”). The SOP sets out standards of acceptable, recommended, required, and prohibited practices that Kundalini Yoga Teachers agree to follow. The Kundalini Yoga Teacher must adhere to the SOP while teaching Kundalini Yoga. It is based upon core values intrinsic to the practice of yoga.

The SOP is an integral part of the overall ethical commitment to which a Kundalini Yoga Teacher must agree, along with the Code of Conduct & Professional Standards of a Kundalini Yoga Teacher [insert link to Code of Conduct when correction is made to EPS site] and other policies established by KRI for Kundalini Yoga teachers.

The purpose of the SOP and the overall ethical commitment is to foster safe and respectful guidelines for Kundalini Yoga Teachers and to ensure that teachers maintain a high level of teaching ability and accountability.

In addition to the SOP, Teachers are required to conduct their activities consistently with the [10 Rights of a Kundalini Yoga Student](#) and to notify all students of those Rights.

Defining and requiring high standards of professional and ethical conduct, promotes confidence in and respect for Kundalini Yoga Teachers throughout Kundalini Yoga communities and the public at large. This includes: (a) broadening the public understanding of the role of a KRI-certified Kundalini Yoga Teacher; (b) ensuring and upholding professional behavior within the Kundalini Yoga community; (c) developing and encouraging high standards of professional conduct; and (d) promoting and protecting the interests of the profession of yoga teaching and of KRI-certified Kundalini Yoga Teachers.

KRI-certified Teachers make a commitment to high standards of competency and ethics. This SOP is part of that commitment and provides a specific description of teaching Kundalini Yoga as taught by Yogi Bhajan®.

This SOP is not intended to limit a licensed healthcare practitioner or certified professional from practicing according to their respective scopes of practice outside of a Kundalini Yoga class setting. For example, a licensed health practitioner would not practice that profession within a Kundalini Yoga class.

Guidance for the Scope of Practice

SOP Principle 1 — Follow the KRI Code of Conduct & Professional Standards for a Kundalini Yoga Teacher

SOP Principle 1 requires teachers to **follow the KRI Code of Conduct & Professional Standards of a Kundalini Yoga Teacher**, which consists of the following eight principles:

1. Adhere to applicable law.
2. Follow this KRI Scope of Practice.
3. Follow the KRI Anti-Harassment Policy.

4. Follow the KRI Sexual Misconduct Policy.
5. Do no harm.
6. Follow the KRI Inclusion Policy.
7. Respect student-teacher relationships.
8. Maintain honesty in communications.

SOP Principle 2 — Teach Kundalini Yoga Within Scope

SOP Principle 2 allows KRI Certified Kundalini Yoga Teachers to **teach yoga** and to offer instruction and education on Kundalini Yoga practices and principles that responsibly reflect the level of yoga education, training, and experience of both the Teacher and the student(s). Teachers may teach yoga in a group, in a one-on-one setting, or online/other media (live or prerecorded).

Kundalini Yoga Teachers are not qualified to diagnose or treat medical conditions, either physical or mental. Even if the Teacher has additional qualifications, diagnosing or treating within a Kundalini Yoga class setting is not appropriate. KRI recognizes the powerful healing potential in our practices, but our teacher certifications qualify a Teacher to teach to healthy individuals, not to practice Yoga Therapy – which would require additional education and training (See: [Kundalini Yoga Therapy](#)).

KRI Certified Kundalini Yoga Teachers must limit teaching within the Kundalini Yoga class setting to practices and learnings that align with the practices and teachings of Kundalini Yoga, and any other, non-contradictory styles or methodologies from other yogic traditions for which the teacher is qualified.

1. A Teacher begins every class with the Adi Mantra, chanting, “Ong Namō Guru Dev Namō,” at least 3 times. Every class ends with the “Long Time Sun” song.
2. A Teacher teaches kriyas as they are set out in KRI approved manuals, with the exception of reducing the timing of postures, or providing variations of postures when necessary to accommodate physical limitations of students.
3. A Teacher does not combine teachings or practices from other paths into a Kundalini Yoga kriya.
4. In the event a student asks a Kundalini Yoga teacher to diagnose or treat them, the teacher must advise students to seek professional care, or, if the Teacher is a licensed healthcare provider, they may offer to treat the student in their office upon request.
 - a. Unless the Teacher is both competent and properly credentialed in the specific field in which they seek to provide services, advice, or products, the Teacher must (1) gain competence and proper credentials, (2) engage the services of or refer the student to a competent and properly credentialed professional, or (3) decline to provide such service or advice.
 - b. Teachers may, at their own discretion, provide referral lists of locally available resources for students, including but not limited to law enforcement, suicide prevention hotline, sexual abuse hotline, The Office of Ethics & Professional Standards and Conscious Conflict Resolution (EPS) complaint hotline, etc.
5. KRI teaching credentials must never be used to imply competency or to promote the teacher in fields not specifically included in KRI’s Scope of Practice.
6. This Principle does not discourage teachers-in-training from leading a Kundalini Yoga class prior to completing their Level I certification.

SOP Principle 3 — Adjust Posture or Practice Only Verbally, not Physically

KRI Certified Kundalini Yoga Teachers do not physically adjust students’ practice or postures during class.

SOP Principle 4 — Provide Sources when Sharing Information

SOP Principle 4 encourages Teachers to accurately cite sources when providing instruction in yogic philosophy, history, anatomy, and other topics. These may include the Teacher's own personal commentary or opinion from many sources.

SOP Principle 5 — Maintain a Teaching Environment in Alignment with the Teachings

SOP Principle 5 requires KRI Certified Kundalini Yoga Teachers to ensure that locations where Kundalini Yoga is being taught are maintained in alignment with the Teachings of Kundalini Yoga.

1. A teacher ensures that food or beverages, if served at any Kundalini Yoga class, course or event, are lacto-vegetarian or vegan.
 2. A teacher does not permit the use of alcohol, tobacco, or recreational drugs at any Kundalini Yoga class, course or event.
 3. A teacher fulfills all training requirements developed and presented by the KRI Aquarian Trainer Academy, IKYTA, and NKYTAs where applicable.
 4. A teacher complies with all requirements for teaching at 3HO and 3HO Europe events.
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Reporting, Investigation, and Determination

Reports of possible violations of the KRI Scope of Practice are made to the Office of Ethics & Professional Standards & Conscious Conflict Resolution (EPS). Investigation and determination of violations of the Code are made by EPS with reference to the Code of Conduct, KRI Scope of Practice, Anti-Harassment Policy, Sexual Misconduct Policy, Inclusion Policy and any other applicable policies of KRI, SDI, 3HO, and IKYTA. For more information about EPS or to file a complaint, please [click here](#).