

Kundalini Yoga and Meditation as a Path of Consciousness

Lifestyle Guidelines for Teachers of Kundalini Yoga as taught by Yogi Bhajan™

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The goal of practicing Kundalini Yoga, as with other yoga traditions, is to transcend the limitation of the ego-self and unlock each individual's full human potential. Toward this end, the Kundalini Yoga body of Teachings includes many lifestyle guidelines. Rather than moral teachings of right versus wrong, these guidelines are drawn from millennia of observation as to what choices and behaviors will or will not best promote our physical, mental, and spiritual wellbeing.

Yogic teachings are clear about avoiding practices that detract from one's spiritual growth and yogic practice. Every person has the right to make their own choices regarding these guidelines. **Neither KRI nor EPS regulate these choices outside of a Kundalini Yoga environment.**

These guidelines are not ethical in nature. The full range of Kundalini Yoga teachings are not diminished or compromised by the choices any Kundalini Yoga teacher makes.

Kundalini Yoga lifestyle teachings include (but are not limited to) the following:

- A teacher commits to and maintains a regular, daily spiritual practice that includes Kundalini Yoga and meditation.
 - A teacher maintains a lacto-vegetarian diet.
 - A teacher maintains uncut hair.
 - A teacher wears appropriate white, natural fiber clothing while teaching.
 - A teacher covers the entire top of the head with a white, natural fiber head covering, especially while teaching or practicing Kundalini Yoga.
 - A teacher abstains from use of tobacco, alcohol, and/or non-prescribed drugs.
 - A teacher commits to the continuous improvement of their professional skills.
- A teacher builds the unity of the 3HO Global Community by embracing diversity, willingness to collaborate, and a commitment to act for the benefit of all.
- A teacher acts as an integral contributing member of all Kundalini Yoga-related international (and national, where appropriate) organizations: 3HO, IKYTA, KRI, and EPS. They act as representatives of the professional and ethical policies of these organizations.

Choosing to not practice some or all of the above lifestyle teachings is NOT an ethical lapse and is not subject to Complaint Procedures under this Code of Ethics Policy. **These guidelines are best practices for maintaining the highest frequency of a Kundalini Yoga Teacher.**