

Qualifications for applications to any workshop, intensive or retreat or pilgrimage to be considered:

The principles of the ancient Yamas and Niyamas are required as mode of conduct:

What are the Yamas & Niyamas?

The Yamas & Niyamas are yoga's ten ethical guidelines and comprise the first two limbs of Yoga's eight-fold path.

They are the foundation of skilful living.

The Yamas include:

Ahimsa ~ Nonviolence

Satya ~ Truthfulness

Asteya ~ Nonstealing

Brahmacharya ~ Nonexcess

Aparigraha ~ Nonpossessiveness

The Niyamas include:

Saucha ~ Purity

Santosha ~ Contentment

Tapas ~ Self-discipline

Svadyaya ~ Self-study

Ishvara Pranidhana ~ Surrender

Failure to adhere to these in a co operative and respectful manner such as timelines and logistical requirements relating to payment may result in dismissal of the program and result in forfeiting any fees/tuition paid. There are no refunds for any no shows or partial attendance once your acceptance to any program has been confirmed.