KUNDALINI RESEARCH INSTITUTE

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Lifestyle Guidelines for Teachers of Kundalini Yoga as Taught by Yogi Bhajan®

These guidelines are not ethical in nature. The Kundalini Yoga teachings remain as they have been given. They are not diminished or compromised by the choices any individual Teacher makes in their life and practice.

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 based on long experience and 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.** As part of KRI's mission to ensure the integrity and accuracy of the Teachings for future generations, teachers and trainers are expected & encouraged to present the lifestyle teachings in a choice informed model of teaching, and with a clear emphasis on the Teachings as they were originally given, regardless of their personal choices about lifestyle.

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

- Commitment to a daily spiritual practice that includes Kundalini Yoga and meditation.
- Commitments to the continuous improvement of one's own professional knowledge and skills.
- Maintain a lacto-vegetarian diet.
- Maintain long, natural length hair.
- Wear appropriate white, natural fiber clothing while teaching.
- Teach Kundalini Yoga with the entire top of the head covered with a white, natural fiber head covering.
- Abstain from use of tobacco, alcohol, and/or non-prescribed drugs.
- Support the 3HO Global Community by embracing diversity, willingness to collaborate, and acting for the benefit of all.

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