



10 Rights of a Kundalini Yoga Student

The *10 Rights of a Kundalini Yoga Student* is for the students of all 3HO, Sikh Dharma and KRI organizations, prepared by the Office of Ethics & Professional Standards & Conscious Conflict Resolution (EPS)*.

Every student is a partner in the sacred student-teacher relationship.

Each Student has the right:



- 1. To have a safe, clean and welcoming class environment.**
- 2. To be treated with kindness, respect and honesty.**
- 3. To be treated equally with other students, without discrimination.**
- 4. To freely choose where, and with whom, you study Kundalini Yoga.**
- 5. To receive the pure teachings of Kundalini Yoga as taught by Yogi Bhanan®.**
- 6. To practice Kundalini Yoga and Meditation at your level of comfort, capacity and self-care while respecting the needs of others.**
- 7. To have a Student-Teacher relationship that is professional, respectful and graceful.**
- 8. To practice Kundalini Yoga free of personal, sexual, financial, religious or political pressure from your Teacher.**
- 9. To respectfully ask questions or raise issues of concern or complaint, openly or anonymously, and receive honest answers and fair consideration without fear of ridicule or retaliation.**
- 10. To enjoy your Kundalini Yoga journey!**

The *10 Rights of a Kundalini Yoga Student* has been developed to empower students so that they can be responsible members of our communities. It is available to read and print in 21 languages.
<https://www.3ho.org/10-rights-kundalini-yoga-student>

EPS also Offers:

24/7 Helpline: Call 1.888.805.4888

This helpline is available to all students and teachers as a safe way to communicate if you are facing ethical, environmental, or professional difficulties within the Teaching Community and you need assistance.

For more information go to: www.epsweb.org

10 Rights: <https://epsweb.org/10rights>

Helpline: <https://epsweb.org/helpline/>

*The Office of Ethics & Professional Standards & Conscious Conflict Resolution actively works to maintain the ethics and integrity of all the Siri Singh Sahib/Yogi Bhanan inspired entities, communities and Sangats, including Kundalini Yoga students and teachers, KRI Teacher Trainers and Sikh Dharma International Ministers. It offers guided pathways of conscious conflict resolution.