

THE ADORE YOGA MANIFESTO

Our pledge to our students, teachers and community.

Yoga is important. It changes lives because it changes our understanding of who we are. will open up a world of opportunities for you to make a real and lasting impact.

Yoga is accessible to all people regardless of age, body type, ethnicity, gender identification and background.

Yoga uses many tools, including movement, breath, concentration, healthy lifestyle and mindful action to help us remove the obstacles to a happy and peaceful life

The best yoga style is the one most suited to your individual needs. There is no single system or approach that is right for everybody.

Yoga is safest and most effective when it is adapted to each individual in small groups or one-on-one.

Yoga is about relationships: your relationship with yourself, your relationship with the world and your relationship with your true source.

The first principle of raja yoga is Yama - ethical behaviour. We are guided by our commitment to acting ethically and strive to be mindful of the consequences of our actions, or inaction, on all beings and the planet itself.

