



VISION MISSION AND VALUES OF IYTA-YOGA AOTEAROA

VISION

Our vision is to inspire unity through yoga.

MISSION

We seek to support and encourage all who wish to travel the yogic journey.

- We aim to foster connectedness through being inclusive.
- We recognise that our purpose is to provide a transformative path to health, well-being and Oneness.
- We undertake to abide by a Code of Ethics which is founded on principles of common ground and our core values.

We aim to:

- Provide members with a sense of belonging;
- Support the integration of yoga into everyday living;
- Encourage members who aspire to the self-realising purpose of yoga;
- Provide quality, accessible, broad yoga teacher education courses;
- Reach out to the community: local, national and international; and
- Expand our organisation.

How we will achieve these aims, and why they are important, is set out in the objects clause in IYTA's Rules.

VALUES

We hold the following values to be important:

- Integration/Wholeness– working towards integrating our emotional, physical and spiritual selves, through self-awareness and disciplined activity;
- Generosity/Service–sharing Yoga's unique gifts and skills with others as a way of serving humanity, without expecting anything in return;
- Vision–being champions for Yoga as a way of life, in ways that inspire others to give it a go;
- Education/Insight– providing opportunities for ongoing learning about Yoga, and supporting people motivated by the reward of new understanding gained through insights they have achieved for themselves; and
- Accountability/Ethics – to hold ourselves accountable to the yama and niyama (listed above),

and to address the appropriateness of our behaviour in relation to our values.