



## **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.