Recommendations for Proportionate Disclosure

The Community Dharma Project offers a practical approach to disclosure intended to support transparency, informed choice, and respect for the different ways people understand and relate to Integral Yoga.

We recommend offering one of the two Recommended Disclosure Statements available on the Community Dharma Project website before an individual makes a significant commitment to Integral Yoga. Each version contains the same essential historical acknowledgment, with different amounts of spiritual context. Additional information and conversation should be available to those who want it.

Recommended settings

1. Teacher Training applications
2. Living Yoga Training applications
3. Employment and residential commitments
4. Mantra diksha preparation
5. Other significant commitments

The essential factual acknowledgment remains consistent across these settings. The version, timing, and placement of the disclosure can be appropriate to the commitment. Mantra diksha involves additional spiritual preparation, for which separate guidance is under consideration.

Ordinary participation in classes, introductory programs, retreats, and open houses would not generally call for proactive disclosure. Individual centers may choose to make links to CDP available on their websites or ethics pages.

Role and responsibility

The Community Dharma Project provides resources and recommendations. Integral Yoga institutions determine their own policies. Individuals determine how deeply they wish to explore the information.

These materials are recommendations for consideration, not policies adopted by any Integral Yoga institution.