

The connection of Yoga with the environment.

Shanti Yoga School is committed to working with students and teachers to raise awareness of the meaning of yoga—a yoking of body and mind in equal balance.

The importance of “body”

The health of our bodies depends on clean air, clean water and food. Yoga is grounded in an understanding of this interconnection. Historically, yoga developed in the context of a close relationship with the Earth, the universe and a profound reverence for animals, plants soil, water and air. This reverence towards life is the basis of the yoga teaching of **ahimsa**, or non-violence, non-injury and non-harming.

Today, the viability of the Earth's life systems is in danger. If humanity is to thrive and survive, we must learn to live in harmony and balance with nature.

Now is the time to cleanse and heal the Earth and to establish a sustainable relationship with the environment for generations to come. (Green Yoga Association 2004)

This belief was once that of a small group of individuals who may well have been considered well-meaning people with no political “clout” Today, every government and global organisation that is concerned with the environment recognises the truth in it and is acting positively to achieve sustainability: Shanti Yoga School is another organisation committed to the same belief so closely held by yogis for many years.

The importance of “mind”

As practitioners and trainers of yoga, Shanti Yoga School is committed to:-

- Educating ourselves and others about the biosphere as a whole and our local ecosystems in particular.
- Cultivate an appreciation for and conscious connection with the natural environments in which we live, including animals, plants, soil, air and water.
- Include care for the environment in our discussion of yoga ethical practices.
- Commit ourselves to policies, products and actions that minimise environmental harm and maximise environmental benefit.

And, if we are yoga teachers or yoga teacher training centres we will incorporate these commitments into our work with students.

The Eco Centre at home farm Screveton is the perfect and most obvious base for encouraging and developing these fundamental tenets of sustainability and balance in the environment through yoga.

Our students are encouraged to work in an environment that is close to the land and nature so that they will go out as trained teachers to add to the important message that we are all aware of now:--protect our environment and work with it, or we are in great danger of irrevocable damage both now and for generations to come.

Elizabeth Thomas
Director Shanti Yoga School
June 2012