

BIKRAM YOGA DARLINGHURST



MISSION

Bikram yoga Darlinghurst is a place of community. This is a school and we have students. Team members of this establishment will strive to provide a place of sanctuary to students whilst giving first class instructions in the tradition of bikram's hatha yoga.

VISION

To provide a safe zone for all regardless of race, sexuality & gender where both students and teachers practice mindfulness & awareness.

CORE VALUES

engage

Supporting your commitment to pursue knowledge in the tradition of hatha yoga and in all areas of health and wellness.

accountability

Accepting responsibility for the energy brought into the school. Energy is contagious, be the example. Be courteous of your fellow peers.

responsibility to students

It is the belief of the teachers and owners of this establishment to honour each and every student to the best of their abilities. To engage and inspire stillness and peace amongst all. Encourage self-awareness as the ultimate goal.

Leadership

To help ourselves and others innovate in their specified fields. To set direction for personal transformation on all levels regardless of the challenges faced.