

British Council for Yoga Therapy Announcement

June 2020



BLM.

As we are all aware Yoga means Union, to link or bring together. It is for this reason that we at BCYT seek to join in the global condemnation of the thoughtless acts of brutality perpetrated in America in recent weeks and show solidarity with BIPOC (Black, Indigenous, People of Colour Community).

There are two key tenets of Yoga that give clear guidance here-

Ahimsa, to do no harm through thought, speech or action! It is said that this key tenet overarches all others as a means to ensure that nothing we do impacts negatively on any other!

Satya, integrity, to live truthfully, to be able to express our truth without harm and to allow others the exact same right!

The senseless ending of more innocent lives must give us pause to reflect and ask, WHY? Why does this keep happening, why are certain sectors of society disadvantaged and openly persecuted? I ask this question as in the Yoga Sutra of Patanjali in chapter 2.16 it is stated, "That which is to be avoided is the sorrow yet to come", and this is where we must now direct our energies, to prevent further loss, waste or suffering.

The BCYT as an organisation is dedicated to the relief of suffering through the medium of Yoga so we therefore offer our sincere condolences to those closest to these tragic events and implore all others to come together to make a better world! Through the teachings of Yoga we can also increase our awareness of the needs of others, to truly be able to empathise and thus move towards a world of communication, cooperation and true harmony.