

Council for Yoga Accreditation, International Inc. By-laws

Adopted on May 6, 2012

Appendix 2 Amended on February 28, 2013

(Feb 28, 2013 Amendment added two levels: Yoga Therapy Physicians & Yoga Therapy Specialist Physicians)

Amended on April 15, 2019

- [(a) Fellows and Masters are simply honors that are conferred with no functional impact on the Council;
- (b) Inclusion of certification of individuals directly as a role of the Council in addition to accreditation of institutions;
- (c) Provision for exams, fees and processes related to it;
- (d) Change of Quorum from 100% in email board meeting to regular quorum of 51% if a person does not interact in any form like a comment or stated abstention;
- (e) Going back to three original certification levels.]

Amended on September 15, 2020

- [(a) Inclusion in the mission of all spiritual traditions and diverse practices within the yoga fold that meet the principles of yoga;
- (b) Inclusion of Naadis/bio-meridian approach to identifying impacts in measurements.
- (c) Inclusion of yoga principles as finding unity in diversity of religious groups in knowledge education towards finding global peace;
- (d) Removal entirely of Fellows and Masters as honors conferred by the Council;
- (e) Inclusion of non-yoga related membership at both individual and institutional levels.]

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BY-LAWS OF COUNCIL FOR YOGA ACCREDITATION, International, Inc.

ARTICLE I NON-PROFIT INCORPORATION

1. The name of the non-profit corporation shall be Council for Yoga Accreditation, International, Inc (herein after referred to as the “Accreditation Council”) established in accordance with a filing for registration with the State of Maryland in the United States of America in April 2012.
2. The Accreditation Council shall have a logo and suitable tag line as approved by the Board of Directors.
3. The Accreditation Council may change its name or logo, at its pleasure, by the same process as by-laws amendment.

ARTICLE II THE MISSION & GOAL

Mission 1: Maintenance of Accreditation Standards - The Accreditation Council's mission is educational, scientific and humanitarian driven, to establish, monitor and verify standards used for certification for any kind of yoga education and related fields. The intent is two-fold: (a) to ensure that yoga is not misrepresented and those who engage yoga professionals have assurance in the certification process that delivers quality; (b) to ensure that the role of yogic concepts and standards are applied responsibly in related fields.

Mission 2: Maintaining Purity of Yoga with Integrative Understanding - Yoga provides the link between the body, **mind**, the life spirit, and the Ultimate. Yoga is the spiritual content of existence for everyone in the world, no matter what culture or religion, and its connection between the cosmos and the individual being determines individual health, so also collective relationship determines collective health. It is a philosophy and approach enunciated in the Yoga Sutras of Patanjali. Elaborated thoughts come from many other traditional Indian documents like Bhagavad Gita, Hatha Yoga Pradipika, Vasistha Samhita, Yoga Yajnavalkya Samhita, Gheranda Samhita, Shiva Samhita, Goraksha-Shataka, Siddha Vedam, and other texts of Tantra, Bhakti, Jainism, Buddhism and the Vedas. It is also recognized that yogic cultivation of inner awareness exists in all spiritual practices across the globe from many other cultures outside India. Examples like Tai Chi practices or certain yogic type practices associated with Sufis or the Rosicrucian order (<https://www.rosicrucian.org/rosicrucian-code-of-life>) or Kabbalah (<https://kabbalah.com/en/>) would be considered part of yoga. In short, wisdom from any ancient civilization which helps in the evolution of human consciousness can be considered suitable for yogic studies. In the recent years, research and development in yoga has created innovations too. However, any approach (documented in a recent or ancient text, or otherwise) that is not justifiable based on the principles enunciated in the Yoga Sutras will be considered ineligible, and any thought from any tradition or anybody that is justifiable based on the Yoga Sutras would be considered acceptable. The Council will establish the Yoga Sutras as the Universal Standard of Yoga for maintaining the purity of yoga. ***The supremacy of the Yoga Sutras as the final reference document will be considered a part of the charter of this Accreditation Council and cannot be amended by any process of amending the by-laws.***

Mission 3: Health Application of Yoga with Spiritual Understanding – While a non-spiritual view of life makes the popular view of yoga as good for physical health, the Council will promote the understanding that Health is a by-product of the stability of the body-mind-spirit complex, and such balance in health is only a step towards higher spiritual realization. Yoga institutions with long histories have noted that it does not matter that people interested in yoga initially come for physical health benefits, since eventually

spiritual awareness comes as a natural outcome. Accordingly, study of traditional and modern medicine disciplines whose approaches are consistent with yoga will be part of yoga standards considerations of this Council.

Mission 4 – Scientific Research of Yogic Processes - The Council will promote integrative research that brings together the understanding of Naadis of Yoga and Ayurveda, Mais or Meridians of Chinese Medicine and such other indigenous health assessment systems, and their correlation to anatomical equivalents like the primo-vascular, vascular and nervous systems; support investigative research into mechanisms through which external matter, electro-magnetism and electromagnetic radiation across the entire spectrum influence not just the physical, chemical and electro-chemical processes in the body but also at the level of the mind and the spirit; promote initiatives that deepens the understanding of health in terms of body-mind-spirit complex and spiritual experiences.

Mission 5 – Finding Unity in Diversity with Yoga— Towards establishing global peace among religious groups, the Council will promote the study of spiritual practices of all religions with a goal to find the unity of spirituality in yogic terms within diverse cultural practices in religions similar to the work of Vyaasa who brought together 33 ancient religions within the fold of Sanaatana Dharma with the compilation of the Vedas. [See Appendix 7]

Appendix 7 provides the rationale for the mission/goals stated here.

ARTICLE III ACTIVITIES OF THE ACCREDITATION COUNCIL

1. **Tax exempt nature of activities** - To accomplish its mission, the Accreditation Council can engage in any suitable activity consistent with the tax exempt status in the United States of America, and other similar provisions in other parts of the world, directly through the Accreditation Council OR any divisions created within the Accreditation Council OR through any other non-profit organization recognized by the Accreditation Council. Examples of such activities are provided in later paragraphs of this article.
2. **Approved Translation of Yoga Sutras** - The Accreditation Council may approve a list of translations of the Yoga Sutras that may serve as reference text.
3. **Accreditation and Certification Evaluation** - An Accreditation and Certification Evaluation Process shall be established to examine standards of content and other relevant criteria of any individual or yoga educational organization for specific types of certification as specified in Appendix 2, 3 and 4.
4. **Delegation & Sponsorship of Activities** - The Accreditation Council may conduct any such activity through other approved organizations or individuals.

ARTICLE IV MEMBERSHIP

1. **Membership and Voting Privileges** - Membership can be individuals or organizations. Organizational membership will be divided into two groups: (a) Associate membership and (b) Primary membership. Primary membership will have voting privileges for Board elections.
2. **Primary Membership** will consist of well-organized yoga institutions whose depth and breadth of yogic knowledge is established by peer recognition. The Board of CYAI will approve primary membership based on the following key elements: (a) depth of yogic curriculum; (b) breadth of offering in yogic curriculum; (c) research and publications of principals and associates of the institution; (d) other equivalent measures of competence. Primary membership may be revoked by three-quarter Board majority.

3. **Associate Membership** will be for organizations that don't qualify for primary membership, but do support the mission/objectives of CYAI.
4. **Eligibility for Individual Membership** will be for those who support the mission/objectives of CYAI and/or those who are certified through CYAI.
5. **Membership Fees** - Each member will pay an annual fee. This fee will be determined by the Board of Directors and be subject to change from time to time by a simple majority of the Board of Directors. The intent of the funds collected from fees is for the basic maintenance of the organization. Fee guidelines are suggested in Appendix 6.
6. **Provision for Life Membership** for those who are eligible for individual membership may be considered by the Board strictly based on a higher level of fees than the annual dues.
7. **Primary Membership Representative for the Council** - Every primary member institution will nominate a representative for the Council who will exercise the voting rights on behalf of the primary member institution.
8. **Revocation of membership for an individual or organization** can be processed by three-quarter voting majority of the Board, for the following reasons:
 - (a) ethical violations;
 - (b) activities inconsistent with the mission of CYAI;
 - (c) not being in good-standing with membership requirements.

ARTICLE V BOARD OF DIRECTORS

1. **Number of Directors** - The Accreditation Council may have up to fifteen Directors on the Board:
 - (a) maximum of nine from among yoga experts who meet the eligibility criteria noted in paragraph 11 below.
 - (b) maximum of six from diverse spiritual traditions and the scientific community.
 The number of initial directors may be less than fifteen but not less than three. At anytime, if the number of directors is less than the maximum allowed, the Board may adopt additional individuals to work as Directors in accordance with the provisions of the incorporation, jurisdiction of operation, and these by-laws. At no point in time should the Board membership be less than three.
2. **Initiating Board** - Upon execution of the formation documents, the original signatories of incorporation, numbering nine or less, but at least three (3), will automatically constitute the Board of Directors of the Accreditation Council appointed for a period of 6 years without any other consideration. Since the signatory would typically be a head of an Institution whose responsibilities and capacity may limit active functioning on the Board, by a formal letter at the time of the original signature, s/he may designate an individual from their institution to serve as Director. If at any point in time, for any reason the organization becomes less active and the organization is not dissolved, the mission of the organization can be carried on by a new re-initiating board with the same terms of appointment as the initial board.
3. **Authority of Board** - The Board of Directors shall have the control and management of the affairs and business of the Accreditation Council. The Board of Directors shall act only in the name of the Accreditation Council.
4. **Quorum** - Not less than fifty-one percent of the current members of the Board of Directors shall constitute a quorum for in-person or virtual meetings, provided there are a minimum of three (3) Directors present. In the case of an Email Board Meeting (See Article VII), the entire Board will be the quorum.

5. **One vote per Director** - Each director shall have one vote in the functioning of the Board, and such voting may not be done by proxy.
6. **Board Discretion to make Meeting Rules** - The Board of Directors may, in its discretion, make such rules and regulations covering its meetings as it deems necessary.
7. **Filling mid-term vacancies** - Mid-term vacancies in the Board of Directors arising from resignation, removal or death of a director may be temporarily filled by a vote of the majority of the current directors of the Board for no more than two years, until the next election by the voting membership.
8. **Filling regular Vacancies** - Vacancies in the Board will be filled by those receiving the highest number of votes received from the membership who are eligible to vote.
9. **Term of Director** - The term of a director will be for a fixed period of six (6) years, unless: (a) it is an appointment to fill the remaining term of a person who no longer remains a director; or (b) the Board determines a particular vacancy to be less than six years prior to election for any specific reason. One such reason may be ensuring one-third of the board retires every two years and are newly elected.
10. **Eligibility to vote for the Board of Directors** will consist of three groups: (a) Representatives of primary membership organizations as defined in Article IV and being current of membership dues, if any; (b) all current Directors of the Board who are not up for re-election; (c) all living past Directors who served on the Board in 2020 and after.
11. **Eligibility for Nomination to Directorship Vacancy** - Except for the initial Board, eligibility to stand for elections to become a Board member will require a certification from the current Board that the individual is suitable. Criteria for such certification will be defined by the Board. It must include both exhibited height of yogic understanding from available publications or lectures, quality of personal life led as a yogi and assessed ability to contribute to the Council's mission. Ethical behavior, living life as an instrument of the divine flow, transparency in intent and action within the yoga community, would be such indicators of yogic living. Views of advanced yogis who can read the cosmic connectivity, Atma Vidya and purity may also be taken into account by the Board. The criteria for eligibility may be different for the six experts from the fields of spirituality and science than the nine yoga expert seats on the Board.
12. **The process of election of Board members** will be as follows:
 - A. **Nomination of candidates** will be done at least 30 days before an election after establishing eligibility.
 - B. **Voting Process** - The secretary of the Council will ensure that all requirements of candidature are met and cause the nominees to be presented to all voting members at least 10 days before the elections. Voting may be done in any way that is suitable that allows for confidentiality or anonymity if any one or more of the voting members so desire.
 - C. **Election** - The vacant positions will be deemed to be filled by those with the highest number of votes
13. **Officers of the Board & their Terms** - The Board of Directors shall elect one of its members to act as a Chairperson of the Board for a period of two calendar years or a part thereof. The Board of Directors shall elect one Board Member to act as the Secretary of the Accreditation Council who will hold office for two calendar years or a part thereof. As needed the Board may appoint a Vice Chairperson or Treasurer on a similar basis for a period of two calendar years or a part thereof. All such officers elected by the Board for a specific term stay in office only as long as they have majority support of the Board members. Notwithstanding the term of appointment, a simple

majority of the Board can replace any officer by another Board member by issuing such a written notice under the name/signature of the specific Board members constituting the majority.

14. ***Fiduciary & Legal Responsibility of Board*** - The Chairperson, Secretary, and other members of the Board of Directors shall be responsible for promoting the mission of the Accreditation Council and complying with its mission and all its legal and fiduciary obligations as a non-profit organization in accordance with the statutory requirement of the jurisdiction of operation.
15. ***Suspension of a Director's term*** will be automatic if the Director does not have the conscious wherewithal to understand or respond to communications, and will not be counted towards the quorum requirement. Similarly, a Director may invoke voluntary suspension of term, if s/he expects not to be able to receive or respond to communications for enough time where the operations of the Board may be jeopardized for lack of a quorum.
16. ***Termination for Criminal Offence*** - Conviction for a criminal offence will cause immediate termination of the term of a Director.
17. ***Termination of Director*** appointment prior to completion of the full term, other than for criminal offence, will require at least 51% of the Board present and voting, with three-quarter majority agreeing to terminate a director for one of the following reasons:
 - (a) Lack of meeting attendance or participation for at least six months;
 - (b) Inability to contact, having not provided new contact information and has consequently resulted in no meeting attendance or other interaction for at least six months;
 - (c) Any other reason that makes the director concerned non-functional for the interest of the Accreditation Council.Termination of a director should not be taken lightly, and efforts as suitable should be considered by the directors to prevent such a situation. Further, the Board may choose not to enforce the termination if they find reasonable explanations for temporary behavior. Further any such director will be given the option to resign prior to any vote of the Board to terminate a director.
18. ***Recall of any elected Director*** will be immediate upon 50% of the voting membership petitioning the Board, and petition signatory names are verified. The replacement process will be treated as for a mid-term vacancy.
19. ***Provision for lifetime appointment*** to the Board may be approved by unanimous approval of the Board and three-quarter majority of the voting membership for a maximum of three of the nine seats assigned for yoga experts. Those thus approved must be in high standing in experience and understanding of yoga and must be seen as key anchors to promote the mission of the Council.

ARTICLE VI ANNUAL MEETING

1. ***Timing of Annual Meeting*** - The annual meeting of the Accreditation Council shall be held around the annual statutory filings of financial statements – in the interval of 60 days before or after the filing – enabling the members to review the operations and financial statements, ask questions, and elect new Board members.
2. ***Quorum*** - There will be no quorum requirement to conduct the annual meeting and review the state of the Council, and answering questions from the membership. However, for any resolution of the membership to pass, including election of new Directors, in the Annual Meeting, 50% of the membership will form a quorum, and a simple majority vote will be considered adequate. Voting will be permitted either by proxy or by written communication casting the vote.

3. ***Access through Technology*** - The Board shall seek to make the Annual Meetings as accessible as possible through phone and internet, etc. provided the cost is not prohibitive.
4. ***Notification of Meeting*** - The Secretary of the Accreditation Council shall cause to communicate (by paper mail, email or any other personal communication medium) to every member and director of the Council at his/her contact coordinates, as it appears in the records of the Accreditation Council, a notice indicating the time and place of the annual meeting, the proposed agenda, method of any voting, and any arrangements made for remote participation, at least fifteen (15) days before the meeting.

ARTICLE VII BOARD MEETINGS

1. ***Frequency of Board Meetings*** - The meetings of the Board of Directors shall be as frequent as deemed necessary, on a date and place to be decided by the Chairman/Secretary of the Board. For the purpose of a quorum of 51% of Board members, participation in-person, by phone or video-conference will be considered acceptable, unless the Board decides otherwise.
2. ***Email Board Meetings*** - The Board may engage in email or any other form of electronic communication to deliberate and make decisions as if it were a Board meeting in person. For such email/electronic communications the quorum will be initially considered to be 100% of the Board members, since all Directors will receive all communications. However, if one or more of the Board members do not respond – statement of abstention from a vote will be treated as a valid response – the quorum can be reduced, but not less than 51% of the Board. Such an engagement may be initiated by the Chair of the Board or the Secretary of the Board on behalf of the Chair, or by any Director who has established the support of a simple majority of the Board Members. The Chair, or a delegate of the Chair, will be the official moderator of such electronic meetings.
3. ***Notification Requirements*** - For Board meetings, the Secretary of the Accreditation Council shall send communication of the meeting to all directors at their contact-coordinates as they appear in the Council records at least seven (7) days before the scheduled date, except for email meetings that can be initiated at any time without prior notice. Such notice shall indicate the business to be transacted at such meeting. Similarly, at the request of the simple majority (51 percent) of the members of the Board of Directors, the Secretary of the Accreditation Council shall cause a special meeting to be called but such request must be made in writing at least seven (7) days before the requested scheduled date. An exception to this notification requirement will be when all members of the Board of Directors are present and unanimously agree to address a proposed agenda.
4. ***Email Meeting Protocol*** - Meetings conducted over email may be of duration more than one day and the following will be the protocol. The opening of such meetings will be recorded when either the Chairperson, Secretary on behalf of the Chairperson or a Director with support of 51% of the Board initiates the list of items for discussion and/or approval and communicates to all Board Members. Unless the Chairperson determines otherwise, by default the person who initiates the meeting shall be the moderator for the email meeting. The meeting will be deemed adjourned when all Board members have voted on all issues or upon completion of seven (7) days from the first initiated communication, unless the Chair seeks to extend the meeting. If the meeting is adjourned after 7 days or longer without all members voting, the non-voting members will be deemed to have abstained from voting on the matter under consideration provided there has been at least one response of any kind (like a question or comment) indicating acknowledgment of participation in the meeting. The proceedings recorded from such meetings will constitute the Minutes of the Meeting.
5. ***Quorum*** - The presence of not less than 51% of the current directors whether in physical person, over audio, or video conference, or email shall constitute a quorum, which shall be necessary to

conduct the business of the Accreditation Council. However, a lesser number of directors attending the meeting may adjourn the meeting for a period of not more than three weeks from the date scheduled and the Secretary shall cause a notice of this rescheduled meeting to be sent to all those directors not present at the original meeting at least 3 days before the meeting. In the case of lack of quorum in an email board meeting, re-initiating the email board meeting can be done one week after the adjournment of the first, and no more than three weeks after the adjournment. A quorum, as herein before set forth, shall not be required at any adjourned meeting except that at least two directors must be in attendance except for purposes where the attendance of a greater number of directors is required by the relevant laws of the jurisdiction of operation.

6. ***Absence of Chairperson*** - In the absence of the elected Chairperson of the Accreditation Council and also Vice-Chairperson if appointed, the majority of the members of the Board of Directors attending the meeting may elect, by a simple majority, any of the members attending the meeting as the Chairperson for that specific meeting.
7. ***Resolution on Items not Listed on Agenda of Meeting Notice*** - Any resolution on business considered in a meeting that was not listed in the agenda of the meeting notice, will not be considered passed unless there is an absolute majority of the Board without regard to majority of Directors present.
8. ***Voting at Board meetings*** - At all Board meetings all votes shall be by voice or in writing. If the majority of directors attending the meeting so request, voting may be conducted by ballot. When voting by ballot the Chairperson of such a meeting shall, prior to the commencement of balloting, appoint by approval of the majority of the directors, one director as a "supervisor." The supervisor shall, at the conclusion of such balloting, certify the results in writing to the Chairperson or verbally to the entire Board who voted. The certified copy shall be physically affixed as part of the minutes of that meeting or the Board may pass a resolution accepting the verbal announcement and recording the results of the vote in the minutes. No supervisor of voting shall be a candidate for office or shall be personally interested in the question voted upon. If no director is willing to work as a "supervisor," the Chairman/Chairperson may invite a third party, approved by the majority of directors in a regular Board meeting, to work as a "supervisor" of voting.

ARTICLE VIII ORDER OF BUSINESS

The Board may choose any order of business in each meeting and shall not be governed by any fixed order as long as meeting attendance, approval of the previous meeting minutes and any resolutions passed are recorded. The order of business shall be consistent with the announcement of the Agenda in the meeting notification, but may be altered if there are no objections from the directors present. The following shall serve as a check list to ensure that each meeting covers all relevant subjects:

- Record of Attendance;
- Approval of the Minutes of the preceding meeting;
- Old and Unfinished Business;
- New Business;
- Reports of Individual Directors and/or Committees;
- Record of Time Adjourned.

ARTICLE IX: ACCREDITATION COUNCIL VOLUNTEERS

The Chairperson and Secretary of the Board of Directors, by virtue of their office, may enlist required number of volunteers to assist the Accreditation Council in carrying out its business, ensuring that

necessary disclaimers are obtained from the volunteers ensuring the Accreditation Council's interest is not compromised in any way.

ARTICLE X: RESPONSIBILITIES OF THE BOARD OF DIRECTORS & OFFICERS

1. ***Chairperson & Vice-Chair*** - By virtue of his/her office, the Chairperson shall present at each annual meeting of the Accreditation Council an annual report of the Accreditation Council's work. He/she, with the concurrence of the Board of Directors, shall appoint all committees, temporary or permanent, consisting of the directors and/or Accreditation Council members, volunteers or others as needed. The Chairperson and the Secretary of the Board, if a Treasurer is not appointed, shall be the two directors who will account for all expenses and revenues of the Accreditation Council, although any director may be delegated by the Board to operate bank accounts and other investments. The Chairperson shall have such powers as may be reasonably construed as belonging to the chief executive of any non-profit organization, ensuring that all books, reports, and certificates required by law are properly kept or filed. In the absence of the Chairperson, the Vice-Chair, if the position is filled, will inherit the responsibilities of the Chairperson.
2. ***Secretary*** - The Secretary of the Board of Directors shall keep the minutes and records of the Accreditation Council in appropriate books. The minutes of each meetings of the Board of Directors will be distributed to all the Board members as part of the notification of the subsequent meeting and approved at such subsequent meetings. In the absence of a Treasurer, the Secretary shall have such powers as may be reasonably construed as belonging to the chief financial officer of any Accreditation Council, and when a Treasurer is present such responsibility will be vested with the Treasurer. It shall be the Secretary's duty, unless authorized differently by the Board, to file any certificate required by any statute of the country or state of operation. The Secretary shall give and serve all notices to the Accreditation Council's directors. The Secretary shall be the official custodian of the records and seal of the Accreditation Council. The Secretary shall present to the Board of directors at any meetings any communication addressed to or by the Secretary of the Accreditation Council, in such capacity in the interest of the Accreditation Council. The Secretary shall attend to all correspondence of the Accreditation Council and shall exercise all duties incidental to the office of Secretary.
3. ***Treasurer*** - The Treasurer, or Secretary when the Treasurer's position is vacant, shall have the care and custody of all monies, securities, and properties belonging to the Accreditation Council and shall be responsible for such monies, securities, and properties of the Accreditation Council, jointly with the Chairperson and other directors. The Chairperson, Secretary, the Treasurer or any delegated Director may carry petty cash of any reasonable amount that may be authorized by the Board of Directors for any specific event or groups of specific events and will account for the expenditures incurred backed by appropriate proofs of payment. The Treasurer or Secretary shall cause all funds received by the Accreditation Council (excluding the petty cash) deposited in a bank in appropriate accounts so that the Accreditation Council can earn reasonable interest income on such deposits. The Board of Directors, however, may cause such funds to be invested in such other investments as shall be legal for a non-profit corporation within its operational jurisdiction. No special fund may be set aside that shall make it unnecessary for the Chairman/Chairperson, Secretary or Treasurer to sign the checks issued upon it. The Treasurer or Secretary, and in his/her absence the Chairman/Chairperson, shall render at intervals as the Board of Directors shall determine, a written account of the finances of the Accreditation Council and such report shall be made part of the minutes of the Board of Directors of such meeting. The Secretary shall exercise all duties incident to the office of Treasurer when the office of the Treasurer remains vacant and unfilled.
4. ***Uncompensated Service*** - No director shall for reason of his/her office be entitled to receive any salary or compensation in his/her capacity as a director, but nothing herein shall be construed to

prevent a director from receiving any stipend or compensation from the Accreditation Council for such duties and functions as he/she may perform to carry out the Accreditation Council activities other than as a director, subject to approval by the Board of Directors by a simple majority vote.

ARTICLE XI: DAY-TO-DAY OPERATIONS

1. ***Appointment of Executive Director*** - The Board may appoint an Executive Director to carry on the day to day operation. Such an Executive Director may or may not be a Board member, and could be a volunteer or be paid, as per the terms approved by the Board. The Chairperson and other officers may delegate signatory authority to the Executive Director for communication or for management of monies, and for keeping the books of the Council, while themselves retaining their fiduciary responsibility. If the Executive Director is a member of the Board, the Chairperson may allow the Executive Director to moderate meetings.
2. ***Annual Budget and Expense Authorization*** – By default the Chairperson will be authorized to approve single expenses of no more than \$500 and total monthly expenses not exceeding \$1,000. However the Board may approve an annual budget or amendments to it from time to time, and when such an approved budget is in place, the Chairperson will be considered authorized to operate within the budget without further approval from the Board. When an Executive Director is appointed, the same expense authority of the Chairperson may be delegated to the Executive Director.

ARTICLE XII AMENDMENTS

1. ***Other than the statement in Mission 2 of Article II, “the supremacy of the Yoga Sutras as the final reference document” these By-Laws, excluding the Appendices***, may be altered, amended, repealed, or added through the following process:
 - First, three-quarter majority of the Board of Directors during any Board Meeting must vote to affirm the change;
 - Second, upon such approval by the Board of Directors, a voting among the voting membership will be arranged, where among those voting, a simple majority (more than 50%) must approve of the change. There is no quorum requirement, but at least a period of 15 days should be given for casting the vote.
2. ***The Appendices to these By-laws*** may be amended by three-quarter majority of the full Board alone without the more restrictive process for the main by-laws.

ARTICLE XIII CERTIFICATIONS, THEIR REQUIRMENTS & ACCREDITATION

1. ***Levels of Certifications & Requirements*** - The levels of certification and requirements for such certifications will be sensitive to the nature of the professional needs of society without compromising the missions/goals of the Council. Such certifications and their requirements are described in Appendix 2.
2. ***Accreditation Audit Process*** - There will be an established accreditation process to audit member institutions and certified individuals to ensure that certifications meet credible and adequate standards, and that members operate with the integrity required to fulfill the missions/goals of the Council. The process is described in Appendix 3.
3. ***Accreditation Audit Committee*** – By default the Board will be the Audit Committee. However, the Board may appoint an Accreditation Audit Sub-Committee appointed to conduct the

accreditation audit process. The number of Committee members will be sizable enough to ensure that no audit is a narrow view of one or two people. Exceptions may be made during the initial years of the Council when sufficient number of qualified people are not available. The process of selecting the Committee, size and composition, and its jurisdiction of operation, are described in Appendix 4.

ARTICLE XIV PAYING FOR COSTS OF ORGANIZATION

1. **Sources of Revenue** - The organization will have at least two sources of revenue in the outset: membership dues and accreditation fees.
2. **Shares of Revenue** - There will be no requirement on the magnitude or apportionment of these revenues in any way.
3. **New Sources of Revenue** - There will be no limitation in exploring additional sources of revenue provided it would be within the requirement of a non-profit organization meeting the tax-exempt requirement.
4. **Operation with Prudent Financial Management without Debt** - Costs of the Council for its activities (like membership maintenance and accreditation) must be fully paid by the revenues raised. Further, at no time will sizable surpluses be created with an intent of increasing the wealth of the Council.
5. **Option for Volunteer or Paid Services** - Other than the governance of the Board which will be uncompensated, all other work including accreditation audit may be done by volunteers or paid staff or contractors.

ARTICLE XV SALARIES & COMPENSATION

1. **Employment** - The Board of Directors may hire and fix the compensation of contractors or any employees employed by the Accreditation Council, which they in their discretion may determine to be necessary, for conducting the Accreditation Council's business.
2. **Payment to Directors for Services outside Capacity** - The Board of Directors may also compensate individual directors for any services rendered by them in a capacity other than as a director. Any payments to employees or individual directors for services rendered to the Accreditation Council, other than in their capacity as a director, will require the Board of Directors' approval. The Board of Directors will provide such approval using criteria that will ensure that the payments made are comparable for similar services by individuals with similar qualifications. The Board of Directors will keep a record of criteria used and will adhere to the provisions of Article XXII below and Appendix 1 with respect to conflict of interest.

ARTICLE XVI DUES

The Board of Directors shall take such legal steps as needed to recover any dues owed to the Accreditation Council for any services or materials rendered.

ARTICLE XVII – COMMITTEE FOR FIDUCIARY RESPONSIBILITY

Without prejudice to the responsibilities of the Board of Directors, upon request by member institutions or upon a perceived need by the Board, the Board may appoint a Committee for Fiduciary Responsibility.

The Secretary of the Council will be a required member while the Chair of the Committee should be a person who is not part of the Board. The Committee will audit the fiduciary aspects of the Accreditation Council's operations. This committee may consist of any number of members selected from the voting membership, so long as it does not exceed nine members.

ARTICLE XVIII: AUDIT

The Accreditation Council's accounts will be audited as required by the nature of incorporation and laws of the jurisdiction of operation.

ARTICLE XIX – OTHER COMMITTEES

Other committees will be appointed and dissolved by the board as needed from time to time. The maximum and minimum size of these committees will be determined as appropriate at a later time by the Board.

ARTICLE XX – INTERNATIONAL OPERATIONS & REGIONAL CHAPTERS

1. ***Council Chapters*** - In countries or world regions with sufficient numbers of members, the Council may authorize a country-wide or region-wide (including other countries) Council Chapter.
2. ***Naming Chapters*** - Such Chapters will bear the same name as this Council with an extension indicating the country or region.
3. ***Financial Self-Sufficiency of Chapters*** - Each such country or regional Chapter will make a small contribution towards the maintenance of the worldwide body, as determined mutually between this Council and the Chapter, but otherwise in their operation they will be financially self-sufficient.
4. ***Terms of Operation of Chapters*** - The operation of the regional chapter will be subject to the terms of agreement with the worldwide Council. This agreement will include the appointment of a regional head and/or a regional board of functionaries.

ARTICLE XXI ETHICS OF OPERATION

1. ***Ethical Requirements*** - The Accreditation Council will operate within the ethics of yoga as described by Yama, Niyama and Dharma, all understood correctly, in addition to complying with legal and general ethical requirements.
2. ***Yama*** will be generally understood as the natural restraint of a thinking person, who will be true to his/her conscience. All elements of Yama will be considered within the context of Dharma. Brahmacharya will be understood as 'exploring or moving within (*Chara*) all of creation (*Brahma*)' interpreted as effort to understand.
3. ***Niyama*** will be generally understood as having discipline and regularity in living – being balanced in life while one is engaged in ones duty. One of the Niyamas, *Ishvara Prannidhaana* or surrender to the Universal Controller will be understood as the willingness to let go of one's sense of controlling anything.

4. *Dharma* will be understood as what supports the cosmic flow (*Rita*). In other words, there will be no qualitative judging of any action by anybody, except as needed to fulfill ones duty, being true to ones conscience.

ARTICLE XXII CONFLICT OF INTEREST POLICY

The Accreditation Council will adopt a Conflict of Interest Policy as outlined in Appendix 1 to the By Laws. Specifically, no director or employee will have any business relationship other than their positions as directors and employees of the Accreditation Council.

Appendix 1:

Conflict of Interest Policy Of the Accreditation Council

Article I - Purpose

The purpose of the conflict of interest policy is to protect the Accreditation Council's interests as a tax-exempt organization when it is contemplating entering into a transaction or arrangement that might benefit the private interest of an officer or a director of the Accreditation Council or might result in a possible excess benefit transaction. This policy is intended to supplement but not replace any applicable state and federal laws governing conflict of interest applicable to nonprofit and charitable organizations.

Article II - Definitions

1. **Interested Person** - Any director, principal officer, or member of a committee with Board of Director delegated powers, who has a direct or indirect financial interest, as defined below, is an interested person.

2. **Financial Interest** - A person has a financial interest if the person has, directly or indirectly, through business, investment, or family:

- a. An ownership or investment interest in any entity with which the Accreditation Council has a transaction or arrangement,
- b. A compensation arrangement with the Accreditation Council or with any entity or individual with which the Accreditation Council has a transaction or arrangement, or
- c. A potential ownership or investment interest in, or compensation arrangement with, any entity or individual with which the Accreditation Council is negotiating a transaction or arrangement.

Compensation includes direct and indirect remuneration as well as gifts or favors that are not insubstantial.

A financial interest is not necessarily a conflict of interest. Under Article III, Section 2 (of this document – Appendix 1), a person who has a financial interest may have a conflict of interest only if the appropriate Board of Director or committee decides that a conflict of interest exists.

Article III - Procedures

1. **Duty to Disclose** - In connection with any actual or possible conflict of interest, an interested person must disclose the existence of the financial interest and be given the opportunity to disclose all material facts to the directors and members of committees with Board of Director delegated powers considering the proposed transaction or arrangement.

2. **Determining Whether a Conflict of Interest Exists** - After disclosure of the financial interest and all material facts, and after any discussion with the interested person, he/she shall leave the Board of Director or committee meeting while the determination of a conflict of interest is discussed and voted upon. The remaining board or committee members shall decide if a conflict of interest exists.

3. Procedures for Addressing the Conflict of Interest

a. An interested person may make a presentation at the Board of Director or committee meeting, but after the presentation, he/she shall leave the meeting during the discussion of, and the vote on, the transaction or

arrangement involving the possible conflict of interest.

b. The chairperson of the Board of Director or committee shall, if appropriate, appoint a disinterested person or committee to investigate alternatives to the proposed transaction or arrangement.

c. After exercising due diligence, the Board of Director or committee shall determine whether the Accreditation Council can obtain with reasonable efforts a more advantageous transaction or arrangement from a person or entity that would not give rise to a conflict of interest.

d. If a more advantageous transaction or arrangement is not reasonably possible under circumstances not producing a conflict of interest, the Board of Director or committee shall determine by a majority vote of the disinterested directors whether the transaction or arrangement is in the Accreditation Council's best interest, for its own benefit, and whether it is fair and reasonable. In conformity with the above determination it shall make its decision as to whether to enter into the transaction or arrangement.

4. Violations of the Conflicts of Interest Policy

a. If the Board of Director or committee has reasonable cause to believe a member has failed to disclose actual or possible conflicts of interest, it shall inform the member of the basis for such belief and afford the member an opportunity to explain the alleged failure to disclose.

b. If, after hearing the member's response and after making further investigation as warranted by the circumstances, the Board of Director or committee determines the member has failed to disclose an actual or possible conflict of interest, it shall take appropriate disciplinary and corrective action.

Article IV - Records of Proceedings

The minutes of the Board of Directors and all committees with board delegated powers shall contain:

a. The names of the persons who disclosed or otherwise were found to have a financial interest in connection with an actual or possible conflict of interest, the nature of the financial interest, any action taken to determine whether a conflict of interest was present, and the Board of Director's or committee's decision as to whether a conflict of interest in fact existed.

b. The names of the persons who were present for discussions and votes relating to the transaction or arrangement, the content of the discussion, including any alternatives to the proposed transaction or arrangement, and a record of any votes taken in connection with the proceedings.

Article V - Compensation

a. A voting member of the Board of Directors who receives compensation, directly or indirectly, from the Accreditation Council for services is precluded from voting on matters pertaining to that member's compensation.

b. A voting member of any committee whose jurisdiction includes compensation matters and who receives compensation, directly or indirectly, from the Accreditation Council for services is precluded from voting on matters pertaining to that member's compensation.

c. No voting member of the Board of Directors or any committee whose jurisdiction includes compensation matters and who receives compensation, directly or indirectly, from the Accreditation Council, either individually or collectively, is prohibited from providing information to any committee regarding compensation.

Article VI - Annual Statements

Each director, principal officer and member of a committee with the Board’s delegated powers shall annually sign a statement which affirms such person:

- a. Has received a copy of the conflicts of interest policy,
- b. Has read and understands the policy,
- c. Has agreed to comply with the policy, and
- d. Understands the Accreditation Council is charitable and in order to maintain its federal tax exemption it must engage primarily in activities which accomplish one or more of its tax-exempt purposes.

Article VII - Periodic Reviews

To ensure the Accreditation Council operates in a manner consistent with charitable purposes and does not engage in activities that could jeopardize its tax-exempt status, periodic reviews shall be conducted. The periodic reviews shall, at a minimum, include the following subjects:

- a. Whether compensation arrangements and benefits are reasonable, based on competent survey information, and the result of arm’s length bargaining.
- b. Whether partnerships, joint ventures, and arrangements with management Accreditation Councils conform to the Accreditation Council’s written policies, are properly recorded, reflect reasonable investment or payments for goods and services, further charitable purposes and do not result in inurement, impermissible private benefit or in an excess benefit transaction.

Article VIII - Use of Outside Experts

When conducting the periodic reviews as provided for in Article VII, the Accreditation Council may, but need not, use outside advisors. If outside experts are used, their use shall not relieve the Board of Director of its responsibility for ensuring periodic reviews are conducted.

Appendix 2.

Certification Levels & Their Requirements

The three levels relevant for the world today appear to be the following:

- Yoga Instructor Certification is certification for any specific system of practice or regimen – The certification establishes that the person can teach a particular system of practice safely and competently, and also within the legal and regulatory environment of the geographic jurisdiction. There must be evaluations of the candidate for the technique as well as documented evidence of having passed a written exam or project report that clearly demonstrates understanding of the technique, its safe practice, ability to instruct others effectively and understanding of professional practice considerations.
- Yoga Teacher Certification – The certification establishes that the person can evaluate the need of each individual subject in a customized manner and prescribe the right set of routines to meet the needs of the subject. The ability to individually examine a subject and prescribe appropriately can arise in one or both of the following ways:
 - (i) Intensive training in a system that teaches to observe external indicators and prescribe accordingly as per the validation of the system e.g. like muscle and bone alignment like in the Iyengar system or Naadi assessment in other systems. In addition, there must be successful completion of knowledge requirement. For example for a Hatha Yoga approach or Iyengar Yoga approach, a course in modern human anatomical and physiological system may be appropriate. Other systems may require knowledge of Naadis/Bio-meridian systems from traditional medicine like Ayurveda, Traditional Chinese Medicine, etc.
 - (ii) Development of Prajnya that allows intuitive (psychic) reading of energy flows, and finding of right exercises to correct imbalances in energy flow of the human system (*Chitta* or *citta*). Also for certification, the student must demonstrate with documented evidence through case reports and examinations monitored by a qualified faculty of having successfully developed the ability to counsel individual subjects on yoga exercises and the understanding of Dharma.
- Yoga Therapist Certification is a slightly higher level certification from that of a teacher. It establishes that the person can treat a person for a specific disease condition with a higher level of medical understanding comparable to healthcare practitioners. The ability to individually examine a subject and prescribe appropriately can arise in one or both of the following ways:
 - (i) Training in bio-medical knowledge used by physicians or the Naadi/bio-meridian readings of Ayurvedic/Chinese Medicine doctors, and training in yoga therapy for different medical conditions as established by peer-reviewed scientific research.
 - (ii) Training in newly developed and validated measurement systems like Electro-Photonic Imaging that are already available or may emerge in the future and the use of statistically validated exercises to address specific conditions.

In addition to these certifications which are governed by the Accreditation Council, other certifications of yoga related courses for continuing education may be offered in other fields whose standards are governed by other accreditation bodies. These have nothing to do with this Council. However, the Council will seek to bring influence and bring acceptability of the CYAI standards for the responsible representation of yoga by other accreditation bodies.

Eligibility for the Three Levels

Pre-requisites for eligibility for seeking any level of yoga certification is adequate maturity that provides a variety of skills that makes one a receptive student and when certified can be a successful Instructor, Teacher or Therapist. While this can be assessed on a case by case basis by any accredited institution, following general rules are applicable.

For enrolling in a Basic Technique Instructor Certification program for any technique, anyone who is deemed a high school graduate or its equivalent* will be the minimum qualification for eligibility.

For enrolling into a Yoga Teacher Certification Program, the requirement will be a Bachelor's degree or its equivalent* .

For enrolling in a Yoga Therapist Certification Program, a Bachelor's level degree or its equivalent* is a requirement.

For Prajnya based approach to training, prerequisites in terms of formal degrees are not relevant. In addition, there can be exceptions to prerequisites when reasonably justified.

***Equivalent is an idea that life process can be a learning experience in many ways that may be equal or better than conventional academic learning. Such equivalence may be identified by yoga institutions that engage in training suitable individuals.**

Summary Table of Proposed Certification Standards

Certification Level	Eligibility	Study Content	Success Criteria	Certification or Degree
<u>Yoga Instructor</u>	At least High School completion or equivalent	<ul style="list-style-type: none"> - Summary study of the Yoga Sutras - A Specific System of Practice, Exercise or category of Exercises - Instruction Practicum and Professional Practice considerations 	<ul style="list-style-type: none"> - Exam that establishes comprehensive understanding of yoga and place of the specific technique - Exam that demonstrates understanding of appropriate use of technique especially with regard to safety consideration - Faculty certification of (a) student mastery of the practice system and (b) Instruction Practice as adequate to lead a session independently with adherence to professional practice considerations - CYAI qualification examination 	General Certificate called Accredited (Institution) Yoga Instructor Certification in a specific system of practice. May use AYI as qualification after name.
<i>Continues into Next Page</i>				

Level	Eligibility	Study Content	Success Criteria	Certification
<u>Yoga Teacher</u> (Observed Metrics Approach)	At least Bachelors degree or equivalent, except when it is pursued as part of a Bachelor's Degree in Yoga	<ul style="list-style-type: none"> - Line by Line study of Yoga Sutras with special focus on understanding of Dharma - Human System study (as noted earlier with respect to anatomical-physiological study or Naadi study) with specific discussion on the observed metrics - Study of other traditional texts and or a Capstone course on integration of theory and practice of yoga - Training in different exercise regimen specific to individual needs. - Individual customization Practice - Professional practice considerations 	<ul style="list-style-type: none"> - Exam that establishes (a) comprehensive understanding of all aspects of yoga, (b) cleansing and balancing of energy flow (<i>Chitta Suddhi</i>), and (c) importance of Dharma in therapy as understood from the Yoga Sutras - Exam that establishes degree of understanding of the Human System and relevance of the metrics used to assess the subject. [This can be waived for physicians, and for those with degrees where human system has been covered and can establish adequacy by showing syllabus of course and score obtained in course.] - Exam that demonstrates understanding of appropriate use of technique including safety consideration - Faculty certification of (a) mastery of diverse exercises used including physical, breathing and meditation practices, and (b) observed Practice sessions indicating adequacy to counsel subjects specific to their needs - CYAI qualification examination 	Accredited (Institution) Yoga Teacher Certification or Bachelor's Degree (or higher) in Yoga if breadth and depth of other studies meet regular University requirements. May use AYT as qualification after name.
<u>Yoga Teacher</u> (Prajnya Approach)	No formal degree requirement	<ul style="list-style-type: none"> - Line by Line study of Yoga Sutras - Discussion of Dharma Shastra - Training in Prashna Shastra or Intuitive Observation - Training in different exercises used for specific needs - Individual customization practice - Professional practice considerations 	<ul style="list-style-type: none"> - Exam that establishes (a) comprehensive understanding of yoga, (b) cleansing and balancing of energy flow (<i>Chitta Suddhi</i>), and (c) importance of Dharma in therapy as understood from the Yoga Sutras. - Exam or certification from faculty on Understanding of Dharmic Use of Prashna Shastra and potential for biases of mind in answers from Prashna Shastra. - Faculty certification of (a) mastery of diverse exercises used including physical, breathing, <u>mantras</u> and meditation practices and (b) effectiveness of student through documented cases that demonstrate ability of the student to counsel each subject in a customized manner. - CYAI qualification examination 	Accredited (Institution) Yoga Teacher Certification. May use AYT as qualification after name.

<i>Continued from Previous Page</i>				
Level	Eligibility	Study Content	Success Criteria	Certification
<u>Yoga Therapist</u> (May be specialized for specific disease conditions)	At least Bachelors degree or equivalent	SAME AS YOGA TEACHER + - Higher level bio-medical studies for therapists including medical report assessments - Study of other texts & papers that establish evidence of therapeutic techniques - Training in specific exercises used for therapy	- SAME AS YOGA TEACHER + - Faculty certification of (a) mastery of exercises used for therapy, and (b) effectiveness of student through documented cases that demonstrate ability of student to conduct individual therapy - CYAI qualification examination	Accredited (Institution) Yoga Therapist Certification and possibly Masters Degree (or higher) if other requirements are met for a the degree in a regular University. May use AYTh as qualification after name.

Duration of Certification Programs & Waivers for Previous Training

No specific duration of any program is critical to certification. It is the achievement of the student and certification by a responsible faculty and Institution that matters, and not the number of hours or days. However, programs that are presented as time bound must show adequate failure rate in the accreditation audit process for reasonableness, since mastery of techniques used and ability to apply or instruct others is a requirement for certification. There can always be exceptions where a specific group of students may have a high success rate even in programs of short duration. The accreditation audit will investigate such exceptions.

The system of recognizing previous training by waiving certain courses or training requirements is acceptable. However, the waiver process must establish by exam or by personal observation of faculty that the required certification standards have been met by a student for the specific course or training content.

The above statements are the real guiding principles for certification. However, for those who seek guidance on duration of training for professional preparation in yoga, the following may be useful:

- Basic Instructor Training (AYI) – 6 months – 200 hours of practice after training.
- Yoga Teacher Training (AYT) – 2 years – 800 hours practice in addition to completion of courses.
- Yoga Therapist Training (AYTh) – At least 1 year beyond teacher training.

Appendix 3

Accreditation Audit & Certification Exam Process

1. ***The Combined Working of Accreditation Audit and Certification Exam Overview*** – For each level of certification, a common exam will be conducted from time to time to certify those who have satisfied the training requirement for the certification level at a CYAI accredited institution.

1.1. Those claiming adequate training from other experiences outside CYAI institutions would also be eligible to take the exam, but may require additional screening (e.g. an interview) by a CYAI audit committee to ensure adequate equivalent training.

1.2. The fee for candidates would reflect exam and related administration costs. Thus, candidates from non-CYAI institutions may have higher fees reflecting the cost of additional screening.

1.3. To ensure adequacy of standards of CYAI institutions, an accreditation audit will normally be conducted once in ten years for each institution.

2. ***Certification Exam*** for each level of certification will be conducted based on the knowledge and experience requirement with a scoring threshold that reflects competence in the certification level. The exam will be conducted by an Exam Committee for each level of certification, whose members will not be involved in the training for the certification level and would have no other conflict of interest.

3. ***For the 10-year audit of member institutions, the following material will be requested for submission:***

- a. All certifications offered and requirements to meet certifications including (a) course/training descriptions, (b) how success in each such course/training is defined, and (c) any other requirements to get the final certification.
- b. Syllabii for all courses/training listed in the previous point (a.) including text and reference material.
- c. Statistics of number of students entering the program in the last 10 years (fewer years if initial member admission audit), and for each group of entrants, the number that were finally certified, or failed and quit the program, or are still continuing towards certification.
- d. Statistics of number of students enrolled in each course offered with course date, course description and faculty for the course indicated, and the score or grade distribution with percentage of passes and fails.
- e. A list of all students who have completed certification in the last one year with the records of their courses/training attended, and the scores/grades associated with each course/training and the faculty name for each course.
- f. A list of all students who are working towards their certification at the time of audit along with the courses taken and the scores for each student and the name of the faculty for each course.
- g. Listing of current faculty and their qualifications submitted as a curriculum vita including educational degrees, work history and publications.
- h. Printed brochures of the institute and web-sites that convey program information to students and those interested.

4. ***Process Use of Submitted Information*** - In this audit, the above noted information will be assessed along with the passing rate in the CYAI certification exams of candidates from the audited institution by the Accreditation Audit Committee. The Accreditation Audit Committee may conduct interviews of

students from the concerned Institute who are registered with CYAI, faculty, administrators and any other relevant person to satisfy the questions they may have especially if they have concern about high rates of failures in the CYAI exams by candidates from the audited institution. If the need is felt, the site may be visited for additional interaction with students, faculty and others. There may also be an audit of institute records and record-keeping system, facilities and environment.

5. **Initial Audit of members in the initial years** (not exceeding 10 years) will only require items (a), (b), (g) and (h) in the list of eight items mentioned for the 10 year audits above, and any explanation that institutes offer to classify their certifications into the various levels of certification.

6. **Audit Recommendation Process for Accreditation** will be as follows:

- The Accreditation Audit Committee (whose constitution is in Appendix 4) will present its report to the Board of Directors (if the Board in itself has not functioned as the Accreditation Audit Committee).
- The Board may direct the committee for any additional review or seek answers to additional questions.
- After the Board is satisfied that justice has been done by the Committee, the Board will formulate its own decision on the accreditation status of the audited institution. If there is no unanimous recommendation, a majority and minority recommendation can be added. Each Board member will have the privilege of writing their own comments, if they wish. The complete report with any revisions will be placed for review by the audited institution for their comments. All of this will be placed before the Board for reconsideration. **ALL OF THESE DOCUMENTS WILL BE KEPT CONFIDENTIAL ONLY AMONG THE BOARD MEMBERS.** Except for the audited institution, they may not be shared with anyone else, and may not be discussed with anyone outside the group who are privy to the document. Caution must be observed to prevent any negative publicity of any institution based on these reports.
- It will be the Board's prerogative to decide by simple majority on how to act on the reports.
- If accreditation is in question, the Board can begin the process of remedying the situation as noted in the next section (Section 7, part (c)). However the final loss of accreditation will require a majority vote of the Board with at least a 50% quorum.

7. **Maintenance and Loss of Accreditation** will be based on the report of Accreditation Audit Committee processed as follows:

- (a) Charter members will be assumed accredited at the outset for a period of 10 years and will only consist of primary membership. Other than that they will be subject to the same treatment as other members.
- (b) At any given time, all Institutional Council members will either have the standing of Accredited or Not Accredited.
- (c) Also, once accredited, the process of loss of accreditation will require at least two notices and at least a period of two years to remedy the situation after a 10 year audit. The first notice shall notify the shortcomings and allow at least one year to remedy the situation. The period could be longer if the situation reasonably requires a longer period to resolve and is mutually agreed between the Council and the Institute, but under no circumstances longer than 24 months. If after the period the situation is not fully remedied, a second notice will be sent. The nature of the second notice will depend on the degree to which the institute has tried to address the situation. In any case, another

12 months will be given to remedy the situation. If the Council is convinced after the elapse of 12 months from the second notice that there has been inadequate effort and intent by the institute to remedy the situation, the Board can recommend to the members to revoke the accreditation of the specific Institute. If there is a genuine feeling that the Institute has tried to comply and has shown remarkable improvement in the situation, the Council can grant another period of time to come within the requirements of accreditation.

8. ***Past Certification grantees*** of an institution will be examined closely for understanding historical evolution of the member institution, but their handling will not serve as criteria for accreditation assessment. However, that learning will stay on record for the Council to develop an understanding of the evolution of different institutions.

9. ***Temporary Abatement of Process*** – Requirements of these appendix can be amended as noted in Article XII (2) with three-fourth approval of the Board. Accordingly, under extenuating circumstances, with three-fourth approval of the Board, the processes noted above can be temporarily changed in a way to apply uniformly to all members for a period of three years without amending these by-laws.

Appendix 4

Accreditation Audit and Exam Committees

1. ***Standing or Ad hoc Committee*** – Unless the Board of Directors of the Accreditation Council directly perform this function, they will be required to appoint an Accreditation Audit Committee to deal with accreditation audit of existing members and new applicants, and an Exam Committee to conduct each level of certification exam. It can do this in one of two ways: (a) appoint a standing committee for a fixed period; or (b) a new committee for each accreditation audit or each certification exam. In the event of appointing a standing committee, the standing committee may be empowered to complete all accreditation audits referred to it during its tenure, even if the completion goes beyond the tenure period. Also in the case of one standing committee for each level of exam certification, the same committee members can also serve the audit needs for accreditation.
2. ***Source of Committee Members*** - The selection of members of an Accreditation Audit Committee or Exam Committee will ensure qualified people who cannot be seen as having the remotest conflict of interest in a broad sense even beyond the financial interest noted in Appendix 1.
3. ***Appointment of Committee*** - The Board will select a Chair for the Committee and select additional members, one of whom will be named as Vice-Chair by the Chair. The Vice-Chair will act as Chair if the Chair is not available at any time during the Committee's functioning. The Chair of the committee will be responsible for completion of assigned tasks and will ensure a democratic process in decision-making, and ensure a minority report when there is disagreement and a decision is made based on majority view. While the number of members for the committee is at the discretion of the Board, about 3 to 5 members will probably be most effective.
4. ***Representation*** - The Committee cannot have more than one person from any member institution.
5. ***Dropping Interested Member*** - If the Committee is a Standing Committee, and a member is associated with an institution sought to be audited, that member will be temporarily dropped from the committee for specific audit. Likewise if any member of the committee who feels biased or has a conflict of interest, s/he will be expected to distance themselves from the audit.
6. ***No Interested Member in Selection***- If the Committee is not a Standing Committee, but rather an Ad hoc Committee appointed for a specific audit of an institution, no individual associated with the audited institution or in any way having a biased interest in the institution, will not be selected.
7. ***Board members in Committee*** – Since the Board is the final overseer of the operation of CYAI, to the extent possible it would be best to recruit non-Board members for the committees. However it is recognized that the Board would need qualified, active and interested people for effective functioning and such members may more often be found in the Board.
8. ***Fair Representation of Members*** - Also in selection of this Committee the Board of Directors must make sure that every institution that is a voting member has fair representation over a period time. Of course, this is subject to selected members being willing to participate at the time of request.
9. ***Full Board as Default Committee*** – In the absence of appointment of these committees for accreditation audit or for conducting exams for certification, the full Board will serve as the committee for these purposes.

Appendix 5

Principle in Establishing Membership Fees

1. Membership fees of member organizations, certification fees for each certified individual and certification renewal fees, and any exam and testing fees, will be established by the Board.
2. The level of fees will be such as to cover the costs of the Accreditation Council and at the same time reflect the cost of the administrative process for each certification.

Appendix 6

The Need for an Accreditation Council

1. The Need

Yoga is essentially experiential and universal in nature. Yoga is the spiritual component of all world civilizations. Yoga principles can be enunciated. However, practices can be diverse. The role of yoga should be integrative in bringing humanity together. Hence, we need standards that are broad, integrative, and bring all cultures together in the realization of the single spiritual existence.

2. Basis of Yoga

There must be universal acceptance that the Yoga Sutras of Patanjali will serve as the basic guide and standard on what constitutes yoga. These Sutras are also referred to as *Raja Yoga*. *Raja Yoga* implies the management of the energy of the existential system with a goal to connect with the cosmic reality and become self-realized.

The four principle cornerstones of the system of yoga, as suggested by the Yoga Sutras (with specific sutras referred in the points below) are:

1. **PURPOSE OF EXISTENCE** – Yoga views all entities in existence as instruments of the cosmic purpose. By fulfilling one's role (called *SvaDharma* – *DharmaMegha Samaadhi* YS4: 29-31) in a non-reactive manner (Point 3 below) one attains liberation in due course.
2. **THE CONSTRUCT** – As instruments of the cosmic purpose, we are a programmed entity. These programs are called impurities (*Klesha*) or leanings or reaction-induced patterns (*Samskara, Vaasana, Karma*) and cleansing these (by fulfillment or elimination) is a key element of yoga (YS2:1-25, in particular 2:1-3 are most direct). This purification may be understood as the message of almost all religious traditions within their spiritual content expressed in different ways suited to the culture and approaches of the geography and times. For example, in Christianity it is said that all people are born as sinners.
3. **THE PRINCIPLE IN YOGA PRACTICE** is to engage with an attitude of a pure observer – first beginning with moderation in attitude (YS1:33), then becoming one-pointed in focus (1:32) and finally becoming a pure observer. This is attained by uninterrupted regular practice (YS1:12-16). The regularity in practice is said to culminate in the formation of neurons that forms new pattern (neuroplasticity in modern medicine terms - YS3:9-10) that makes one's nature that of an observer.
4. **THE YOGA PROCESS** is the 8-fold *Ashthaanga* process (YS2:29-3:12) of *Yama, Niyama, Aasana, Praanaayaama, Pratyahaara, Dhaaranaa, Dhyaana* and *Samaadhi*. While some of these 8 elements may have sequential implications (e.g. *Aasana* preparing for *Praanaayaama* – first word of YS2:49; or *Praanaayaama* making one ready for *Dhaaranaa* – YS2:53), none of the elements are to be thought of as quantifiable in magnitude whose threshold level need to be crossed before entering the next element. For example, it is recognized that *Yama* and *Niyama* alone can lead one to the highest realization.[YS 2:45]

These principles of yoga, when integrated in daily living, result in enhancement of individual consciousness, progressively leading to the highest dimension of human existence (Self Realization).

When one deviates from yogic principles (specifically *Yama* and *Niyama*), the result is ill-health (of body, mind or spirit). These yogic principles stated above can serve as a model and provide a pathway for inquiry of ill-explained health conditions in modern medicine. Key to this inquiry is the Naadi (bio-meridian) system that is used in traditional medicine systems of India and China, and also the Chakra-Naadi system that comes from the Tantra Yoga tradition. These are recognized in the Yoga Sutras [3:30, 3:32], although not discussed in detail.

3. Rationale for Yoga Sutras as the Basis

The Yoga Sutras, in its original Sanskrit with either the 195 sutras version or the 196 sutras version, stands alone as the most cogent, non-religious document summarizing the nature of spiritual existence and the process to realize it.

The Yoga Sutras also represents the pinnacle of evolution of Indian philosophy and is perhaps the key ingredient that enabled the subsequent integration of 33 indigenous religions of India. In today's world with tendencies for religious extremism, the Yoga Sutras can serve as the spiritual unifier for the whole world, as it did for the Indian sub-continent a few millenniums ago when limited travel and communication and relative isolation with mountains in the north and seas in the south made the sub-continent a world in itself.

The Yoga Sutras as the spiritual integrator of 33 ancient religions in India rests on the evidence of the work of the great sage, Vyaasa, who is known to have compiled the Vedas formalizing the Vedic culture called Sanaatana Dharma or the Eternal Truth or Reality. The fact that the only commentary he ever wrote was on the Yoga Sutras speaks volumes about its importance as an integrative universal philosophy.

History is often colored by political and social agenda. Studies in the realm of religion and spirituality take on an even deeper coloring, and the thesis above is open to questioning by colored views. For academic scholars, the following observations need careful consideration.

- Evidence of 33 Ancient Religions
- Vyaasa as the Compiler of the Vedas
- Totality of Vyaasa's works
- Distinction between Vyaasa's Philosophy, Yoga Sutras and other ancient philosophies

Evidence of 33 Ancient Religions is present in the 33 Agamas and Tantras that are known today as manuals of worship of specific god-forms typically associated with temple worship. It is recognized that many of the hymns in such worship are part of the Vedas. These worship manuals are considered as old as the Vedas. These worship practices for different names of god-forms while having some commonalities have lot of cultural differences across various parts of India and the common bond is the idea that these god-forms are relatives of each other, as expounded in the Puraanaas (which were written by Vyaasa incorporating the observances of different regional practices, presumably as a way to unify the sense of religious oneness within diverse practices for the benefit of commoners). While the Vedas do not have any methods of temple or form worship (Vedas are strictly focused on fire-based offering, worshipping the formless), these manuals outside the Vedas provide the basis for diverse traditions maintained in temple worship under the aegis of a single Vedic religion.

Vyaasa as the compiler of the Vedas is recognized by referring to him as Veda Vyaasa. As KM Munshi, the founder of Bharatiya Vidya Bhavan writes about the life of Vyaasa in his eight volume book on

Krishna, he gives deep insight of the influence of Vyaasa's father and mother that enabled him to compile the Vedas and unify the Indian subcontinent into a single religious entity that allowed for diversity in practices. Unlike other religions which separated into denominations after the initial founding by a person, the beginnings of the Vedic religion appear to have the accommodation of diversity in the process of integration of 33 religions. Vyaasa was the son of sage Paraashara, who according to KM Munshi was looking to standardize the fire-based worship practices of the several hundred settlements along the river Saraswati (now extinct river that used to flow parallel to the Indus river through the Thar desert in India joining the Arabian sea at Somnath). This standardization and unification principle for Vyaasa seems to have been the legacy of his father. Vyaasa being born out of wedlock, his mother, Satyavati after giving Vyaasa to his father, went onto to marry the king Shantanu of the powerful kingdom of Hastinapur. Once king Shantanu died, Satyavati as the queen-mother had significant clout and called upon Vyaasa for special purposes. One can imagine, that with powerful royal patronage, Vyaasa was in a position to hire researchers to write-down the chantings and observances of various religious traditions in India at that time just when the Sanskrit language as a written script was beginning to emerge. In compiling the Vedas from multiple religious traditions, and thus honoring all of them, and creating segments for fire worship (*Braahmana* and *Samhita*) while separating the segments of philosophical discussions (*Upanishads*), Vyaasa created a voluminous (and possibly confusing) entity to serve as a unifier. To explain the philosophy that does not emerge from any single text of the Vedas, he needed to write a separate text called the *Brahma Sutras* to explain the philosophy coming from the *Upanishads*. And to explain the differences in the religious observances he needed to write the 18 big (*Mahaa*) *Puraanas* and 18 sub (*Upa*) *Puraanas*.

Totality of Vyaasa's works besides the compiling of the Vedas, and as noted above authorship of the *Brahma Sutras* and the *Puraanaas*, he also authored the *Mahaabhaarata* and the only commentary he is known to have written was on the *Yoga Sutras*. Based on this commentary, we see that the philosophy of the *Yoga Sutras* is not different from the philosophy of the *Brahma Sutras* (that is referred to as *Vedaanta*), although there may be variations in expression given that the *Brahma Sutras* refer to specific *Upanishadic* statement in each *sutra* (string or sentence).

Distinction between Vyaasa's Philosophy, Yoga Sutras and other ancient philosophies can be best understood relative to their chronology and approach. Prior to the compilation of the Vedas and Vyaasa's authoring of the *Brahma Sutras*, there were five earlier philosophical texts. In chronological order, *Yoga Sutras* was the fifth (with *Saankhya*, *Nyaaya*, *Vaisheshika*, and *Mimaamsa* before that). Unlike the *Yoga Sutras* and the earlier philosophies which were stand alone documents, the *Brahma Sutras* cannot be understood without reference to the *Upanishads*. We hear that the in compilation of the voluminous Vedas and the *Brahma Sutras*, and creating an integrated religion, Vyaasa was not completely happy, since he realized it was beyond the grasp of common people. Often the authoring of the *Bhaagavata Purana* is referred as the key text that brought him much satisfaction to reach common people. In time, the segment within the *Mahaabhaarata* called the *Bhagavad Gita* has come to be accepted as the philosophical expression of Vyaasa. The fact that Vyaasa wrote the only commentary he ever wrote, on the *Yoga Sutras* among the five older philosophies, suggests that *Yoga Sutras* represents the matured and complete philosophy in one text, written in a direct manner, for the spiritual seeker, that is equivalent to *Vedaanta*.

4. Yoga Sutras' Translations and Related Yoga Texts

First, we have translations and commentaries on the *Yoga Sutras*. In general, Western translations of Sanskrit scholars suffer from errors related to lack of understanding of Indian culture and etymology of words. In general, Eastern translations suffer from belief systems of the culture (other philosophies and

implications of stories from the Puraanaas), vested positions of denominational groups, and adaptation of words used over centuries. A prominent example of this is the word *Brahmacharya*, where it is often mistakenly said to be celibacy, while the real meaning is curiosity to learn coming from the literal meaning of the word “exploring creation”. This is the reason the Accreditation Council should certify acceptable translations of the Yoga Sutras for usage.

Second, we have ancient texts and translations that descend from the philosophical level to focus on practices and the structural elements of *Chakras* and *Naadis*. They go into details of the nature of the human circuitry and impact on the human system, and are invariably discussed with regard to the impact on them by certain practices. Such literature includes those of Hatha Yoga, Mantra Yoga, Bhakti Yoga, Karma Yoga, Naada Yoga, etc. Ayurveda and Tantra also fall within this category.

5. The Approach Taken Here

The approach taken by CYAI has the following characteristics:

- Focusing on a single document as the basis of yoga, and a multi-faceted approach to its application: both in terms of practices and contexts of application relating to general living. For example, this includes health and ethics.
- Focusing on a knowledge-based approach that provides appropriate classification of knowledge competency for certification.
- Distinction between the main by-laws that are difficult to amend, and the Appendices which are easier to amend that can incorporate additional applications as they emerge.