



HARI-KIRTANA DAS

Yoga, Politics, and You

A Checklist for Yoga
Teachers on Speaking Up





As yoga teachers, we sometimes find ourselves struggling to navigate the intersection of personal values, professional responsibility, and the needs of our students.

And in today's complex world, you may wonder whether or not to speak about current events in your classes.

There's no one-size-fits-all answer. The right approach depends on your unique teaching environment, your students' expectations, and your own sense of purpose.

This checklist isn't here to tell you what to do — it's here to help you think it through. Use these questions to reflect with honesty, humility, and care.

1. What do your students need most from you right now?

- Do they see you as a source of respite from the world or as a thought leader who can guide them through it?
- Do they want their horizons broadened, their fear acknowledged, or their hopes supported?

2. What role does your class play in your students' lives?

- Do they see it as a refuge from daily stress — or a space for reflection on life beyond the mat?
- Do they come for calm, challenge, connection . . . or all three?

3. Have your students expressed an interest in what yoga has to say about current events?

- If yes, what kind of topics have sparked conversation?
- If not, could that be a sign that they're not looking for that in this setting — or that the space hasn't been opened yet?

4. Do you have a desire to speak about current events in your classes?

- If yes, what's motivating that desire?
- If not, that's equally important to honor.

5. Do you usually include a “Dharma Talk” as part of your class?

- If you already share yoga wisdom at the start of your class, does it feel natural to bring in reflections on current events?
- If you don't, what's stopping you? If it's something you control, is that boundary still important to maintain?

6. Are there constraints in your teaching environment that shape what you can say?

- Studio policies, time limits, cultural norms — do any of these signal restraint or openness?

7. How confident are you in connecting yoga philosophy to real-world issues?

- Would you feel grounded and respectful in doing so — or hesitant and unsure?
- What would help you grow in that area, if you want to?

8. What are your priorities when you teach?

- Student comfort? Philosophical integrity? Professional security?
- None are wrong — just worth being honest about.



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Whatever you decide — to speak, to hold silence, or to find creative ways to bridge the two — what matters most is that your choice comes from clarity, not pressure. Teaching yoga is a responsibility, but it's also a relationship. When you lead with sincerity and discernment, your students will feel it.

If you'd like to deepen your understanding of yoga philosophy in the company of thoughtful peers, consider joining my small-group mentorship for yoga teachers. It's a supportive space to grow in confidence, ask big questions, and explore how to bring the full spectrum of yoga into your teaching.

[Learn more or apply by clicking here.](#)

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