



PATTERNS OF ABUSE: **THIRTEEN WARNING SIGNALS**

Eradicate abuse of women in yoga:
reclaim yoga as a tool for freedom,
planetary healing and justice.

**SUPPORT AND PROTECTION FOR SURVIVORS,
ALLIES, SISTERS AND OUTCASTES:
HOW TO CULTIVATE RESPECT FOR INTUITIVE, EMBODIED WISDOM
AS AN ANTIDOTE TO DISEMPOWERMENT AND ABUSE.**

- 1 DISRESPECT FOR ANY OTHER WAY**
- 2 ELITISM AND CONTINGENT FLATTERY**
- 3 SECRET TEACHINGS**
- 4 ISOLATION OF DISSIDENTS**
- 5 INNER CIRCLES AND POWER STRUGGLES**
- 6 DISCIPLINE, COERCION AND PUNISHMENT**
- 7 UNSUSTAINABLE IMBALANCES**
- 8 RIDICULE, SHAME AND SILENCING**
- 9 NO BOUNDARIES, NO CONSENT**
- 10 PREJUDICE AND HYPOCRISY**
- 11 OMNISCIENCE, SURVEILLANCE AND
OMNIPOTENCE**
- 12 ABDICATION OF PERSONAL RESPONSIBILITY**
- 13 SPIRITUAL BYPASS: SEX, HARMING AND
TRANSCENDENCE**

I INVITE YOU SHARE THESE SIGNALS WIDELY.

EXCERPT FROM YONI SHAKTI 2020

