

Thank you for reading this email. It has been a most difficult one to write. My intention for doing so is to acknowledge my wrongs and, to the greatest extent possible, initiate a process of repair.

I begin with an admission: I have violated ParaYoga's Ethics Code specifically, those intended to address the issue of protecting the sanctity and safety of the teacher/student relationship.

It recently became public that two years ago I had an intimate encounter with a student.

The cornerstone of the ParaYoga Code of Ethics that I, with the help of some highly qualified and caring professionals, developed several years ago and refined in 2017, was to ensure that the inherent power differential between teacher and student not be misused in any way.

I acknowledge that I have transgressed from the letter and spirit of it. I and the Ethics Committee recognize this as a serious matter. Thus, the committee has begun a review process outlined in the PY Code of Ethics.

Given that this review and final determination will be a process, one that will require time and deliberation, I thought it vital that I come forth with this acknowledgment of the matter as soon as I could once it became public, and that I be entirely transparent about it. I recognize that not doing so, in as timely a manner as possible, might only add to the disappointment, anger, and confusion of those who are affected by this news.

I have broken an oath to my family, community, students, teacher and tradition. From August 2018 to September 2019 I engaged in an intermittent, but consistent emotional relationship with a student that culminated in a single physical and intimate interaction.

Let me be clear, consensual intimate relations between a teacher and a student are not okay—under any circumstances, not given the power differential inherent in that relationship. That dynamic doesn't change. I understood this at the time, but nonetheless failed to protect the commitment I had made to preserve that sacred space. For this I am remorseful and sorry beyond belief. There is no justification for doing so.

I have found myself grasping at straws to explain this failing on my part: the throes of difficulties in my marriage that would end in divorce, a partial adherence to some of the protocols of the

code of ethics related to personal relations with students, consensuality. But no, there are no excuses to justify my actions.

The teacher and student relationship dynamic is built on trust. For it to endure, it must be treated with the highest respect, consciously and delicately. Period. Above all else, it is solely the teacher's responsibility to maintain appropriate boundaries. Looking back over my more than four decades of teaching, I considered that bond sacred and aspired to its highest ideals.

There have been exceptions. I've always been open about the fact that I met my first wife—with whom we would bring two children into the world—in my yoga class. There have been two other exceptions. The most recent was the last. While society at large, and the yoga community in particular, have progressed and evolved on the subject of teacher-student integrities, and the inherent imbalances of power, my behavior makes it clear that I did not. This is a mistake I will never, ever make again.

I am sorry. To the student in question, I am sorry for the pain of violating your trust as a student and the impact that it has had on your life.

I alone bear full responsibility for what transpired. I am sorry and apologize to everyone to whom news of this transgression has reached. I also apologize to every student whom I've taught for breaking your trust and for the hurt that my actions may cause. My heartfelt and most sincere apologies to those who have felt so close to, and inspired, by these teachings that they have dedicated themselves to them, particularly to my most senior teachers, certified ParaYoga teachers, and their many students. You have my deepest respect and love. I am particularly pained by the harm I've caused you and those who have and might continue to find solace and meaning in these teachings. I understand that my transgression might cast doubt and mistrust not only on me but on the teachings themselves. If so, I pray that it can be overcome.

The teachings did not fail me. I failed the teachings.

To my teacher, I am at a loss for words. I wish to right this wrong and any harm my actions have had on your life's work and your students, those that I consider my spiritual brethren on the path.

And to my family, my four children and to your mother, Gina, you are at the center of my remorse. We have been through a lot together. Whatever it takes, we will get through this and I will stand stronger than ever in love, in support of you and who you will become.

I regret that the matter had to become public to catalyze this reckoning, public admittance, and overdue apology. I can only pray that others can learn from my experience and grow toward their better selves in their practice and as humans, as I am committed to doing. I pray that you find it in yourself to forgive me and my actions. I will endeavor to regain your trust.

In closing, I offer something that I've always felt deeply and tried my best to share. The journey to become who we are meant to be is both spiritual and human. The work is to merge the two. If anything, becoming more familiar with oneself spiritually will often make it even clearer where our human tendencies are inconsistent with that of our best self; if not, life will surely do it for us. I know now, more than ever—through therapy, two marriages that ended in divorce, and deep reflection on the matter—that the teacher remains the student.

I am eternally grateful to all my teachers in their many forms—yoga, psychologists, my children, students, life itself and Creator—all who have guided me toward the light of greater understanding.

From the bottom of my heart and soul, I am sorry.