



Mandala Yoga Ashram

Adult Safeguarding Policy

At Mandala Yoga Ashram we believe that all Adults have a right to:

- be valued as a person, treated with dignity and respect, cared for and kept safe
- be protected from neglect, abuse and exploitation regardless of age, gender, ethnicity, disability, sexuality or beliefs
- practice yoga, to support their physical and emotional wellbeing, in an enjoyable and safe environment.

Safeguarding is everyone's responsibility. The Ashram has a duty of care Under the Care Act 2014 to safeguard adults with a care and support need, to promote their wellbeing and protect them from harm. To achieve this, we will:

- appoint a Lead Safeguarding Officer and a deputy to lead adult safeguarding on behalf of the Ashram and display the flow chart and reporting lines in the Ashram's policies folder in the Conservatory.
- require the Ashram employee, team members, yoga teachers, guests and Trustees to comply with this policy and the Adult Safeguarding Procedure
- train and supervise members of the ashram team, and Trustees, to have a full and practical understanding of how to safeguard adults
- listen to anyone who raises concerns about an adult who may be being abused and take the concerns seriously
- adopt a person-centred approach in dealing with any incidents of abuse
- raise concerns ourselves, as early as possible, if we consider that an adult at risk may be being abused or shows signs of neglect
- respond to such concerns and/ or allegations sensitively, appropriately and swiftly, including reporting to the Adult Safeguarding Board and, in emergencies, the police, NHS, and where required, the Charity Commission
- comply with legislation and guidance applicable to the Ashram, including requirements for upholding confidentiality
- implement this Policy, which is supported by a detailed Adult Safeguarding Procedure, and is endorsed by the Board of Trustees
- review this policy and the Adult Safeguarding Procedure annually or when legislation changes, to ensure that they remain up-to-date and effective.

Swami Nishchalananda
Director and Spiritual Head of Mandala Yoga Ashram, July 2019