



EXECUTIVE SUMMARY **of the Report of Investigation Regarding Manoso Manos**

I was engaged by IYNAUS to do an independent investigation of allegations that Manoso Manos engaged in inappropriate sexual touching of students during yoga instruction.

I have gained the understanding that adjustments are central to Iyengar Yoga. From the start of this investigation, I knew the key issue, in addition to witness credibility, would be whether the touch at issue was part of a legitimate adjustment. Individuals interviewed throughout this investigation, including supporters of Manos, provided valuable information about the nature of adjustments. For example, individuals stated that they had never received adjustments that involved touching their genitals or anal areas. I also met with John Schumacher, a teacher with an advanced certificate, to discuss questions I had about Iyengar Yoga practice and to confirm my understanding of various points.

Thirty-eight people were interviewed as part of this investigation including several supporters of Manos. I reviewed various materials including *Light on Yoga* and all emails sent in support of Manos. Six women came forward with allegations of inappropriate sexual touching by Manos during yoga instruction. All of their allegations are based on incidents that took place in 2005 or later. Of those six, two asked that their names not be revealed. Their names and identities are known to me. I made findings regarding all six of the women's allegations but the two who asked to remain unidentified are used only as corroboration for the other women. One man came forward to describe Manos' touching of his genitals as part of a demonstration. He requested that his name not be revealed. He stated that this was not an adjustment to which he had consented, while stating that he did not intend his communication to be a complaint of sex abuse. Four students came forward to disclose that they had witnessed inappropriate sexual touching by Manos during classes held in or after 2004.

To determine if allegations have been proven, I use a standard of clear and convincing evidence. I found the six women's claims that Manos had sexually abused them during yoga instruction to be substantiated: that is, to have been proven by clear and convincing evidence. I am aware that some believe that IYNAUS should or has in the past used a standard of beyond a reasonable doubt when investigating ethics complaints. I would have made the same findings under the standard of beyond a reasonable doubt.

With regard to each of the six women who has alleged that Manos touched them in sexually inappropriate ways during yoga instruction, I found as follows.

██████████ began studying Iyengar Yoga in the early 2000s. Her allegation that during a class Manos touched her genitals by using his hand to stroke her from her tailbone, across her vulva and toward her pubic bone during Uttanasana is substantiated. The nature and circumstances of this touching make it clear that the touch was not part of a legitimate adjustment and was done for the purpose of sexually abusing or arousing her and without her consent.

Person 12 is a long time student of Manouso Manos and of Iyengar Yoga. She is a well-known member of the community in good standing. Person 12's allegations that Manos repeatedly molested her in various ways including: deliberately fondling her breasts while she was in Halasana; stroking her breasts while she was in Janu Sirsasana; penetrating her vagina through her yoga tights with his toe while she was in Maha Mudra; and simulation of a sex act by pressing his genitals and thighs against her hips repeatedly and without a mat or blanket while she was in Prasarita Padottanasana are substantiated. I interviewed Person 12 at length and conducted multiple follow-up interviews and conversations speaking with her four times for a total of at least six hours. Every aspect of her disclosures was credible and consistent. I also credit her disclosures that she observed Manos grabbing two other female student's breasts while they were in Halasana and saw him put his hand under another female student's buttocks while the student was in Maha Mudra. Having found that Person 12's allegations are substantiated, they may be used as corroboration of the allegations made by the women identified by name.

██████████ has been a CIYT since 2016. Her allegation that Manouso Manos sexually molested her when in Supta Padangusthasana II by deliberately putting his foot on her genitals, specifically the outer lip or labia of her vulva, and held it there for almost a minute without a mat or blanket is substantiated. ██████████ account was at all times detailed, specific and consistent. I interviewed her seven times and for well over 10 hours in total. I found her to be candid, open and insightful. Her description remained at all times consistent. In addition, she clearly articulated the distinction between what Manos did to her and what would have been a legitimate adjustment. I also credit ██████████ report of having witnessed Manos fondling the breast of a student while she was in Uttanasana.

Person 76 has been a CIYT since 1999 and considered Manos to be her primary teacher since 1992. I credit Person 76's report that Manos penetrated her anus with his finger through her clothing while she was in Prasarita Padottanasana. Manos' action in this regard was not a legitimate adjustment under the circumstances as described by Person 76 which I find to be credible and reliable. Having found that Person 76's allegations are substantiated, they may be used as corroboration of the allegations made by the women identified by name.

██████████ completed almost 500 hours of teacher certification training at the Iyengar Institute of San Francisco. Her description of having been subjected to "long lingering" adjustments to her torso by Manos and having her buttocks slapped by him while in Ardha Chandrasana is credible. I find by clear and convincing evidence (and had it been necessary, beyond a reasonable doubt) that Manos' lingering torso adjustments and his slap to ██████████ buttocks was not a legitimate adjustment and was part of a pattern of sexual grooming of female students.

Under the circumstances described, where Manos slapped her buttocks as he was walking by her from behind, the slap was not part of a legitimate adjustment.

Ann West has been a CIYT since approximately 1999. Her allegations that during a workshop in approximately 2012, Manos stared at her breasts during a demonstration and told her while she was in Sarvangasana that she should not wear a bra to the next day of a workshop are substantiated. Her allegations that during a November 2013 workshop in San Diego Manos pressed on her breasts during *Dwi Pada Viparita Dandasana* and caressed and stroked her breasts during the stage of *Ganda Bherundasana* shown in *Light on Yoga* Plate 583 are substantiated. Manos' actions in connection with these incidents in the November 2013 workshop were deliberate not incidental and were not legitimate adjustments. They were done with the intent to sexually abuse and or arouse West or Manos himself without West's consent. Manos' actions and statement during the earlier workshop were part of a pattern of grooming with the intention of fostering acceptance of sexualized behavior by his student; in this case West.

With regard to Ann West's complaint, I read the Ethics Committee's file and report and findings. I did not view myself as reviewing their determination. I was tasked with investigating West's allegations myself. I did a fuller investigation than the EC. For example, I interviewed West three times for a total of over six hours. I also interviewed and obtained the notes of other participants in this workshop. I therefore obtained information and reviewed materials that the EC did not have when it made its findings.

I also found the four bystander students' claims to have observed Manos engaged in sexually inappropriate touching in or after 2004 to be substantiated. I found the male student who stated that Manos had touched his genitals during a demonstration to be substantiated.

I credit each of the bystander students' observations and conclusions that what they observed was sexual touching not part of a legitimate adjustment. I find that [REDACTED] observed Manos fondling a female student's buttock under the guise of an adjustment. I find that Person 100 saw Manos put his toe in another female student's anal area. I believe [REDACTED] description of having observed Manos with his hand on a female student's crotch during a demonstration. I believe [REDACTED] observation of Manos placing a female student's leg between his legs under his genitals as he prepared to work on the student's knee. I also believe [REDACTED] description of inappropriate interactions with attractive female students by Manos in classes he has taken.

This investigation has determined that multiple allegations of inappropriate sexual touching by Manos during yoga instruction have been proven to be true.

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