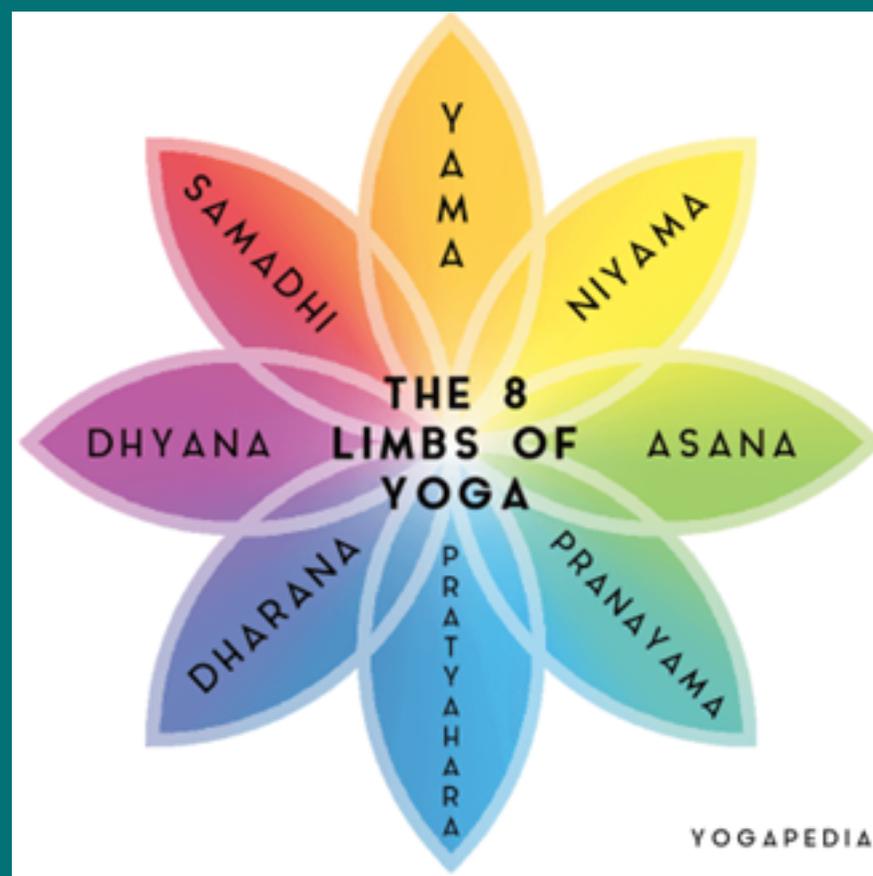


The 8 Limbs of Yoga

Yoga as a lifestyle -
on and off the mat



Yoga helps us to move - connecting
body and mind - to then find
stillness and calm.

1. Yamas

self-restraint, moral vows & disciplines
personal discipline – the guide to
integrity

1 AHIMSA (non-violence)

2 SATYA (truthfulness)

3 ASTEYA (honesty)

4 BRAHMACHARYA (moderation – the
right use of energy)

5 APARIGRAHA (non-possessiveness,
simplicity)



2. Niyamas

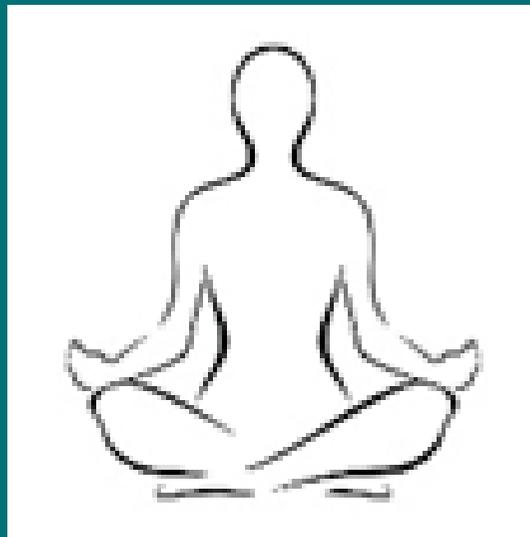
personal duties/observances
your way of being

- 1 SAUCA (cleanliness/purity)
- 2 SANTOSHA (contentment)
- 3 TAPAS (removing impurities)
- 4 SWADHYANA (self-awareness and self-observation)
- 5 ISVARA-PRANIDHANA (devotion to a higher power)



3. Asana

Physical practice
Poses or postures
Meditation 'seat'

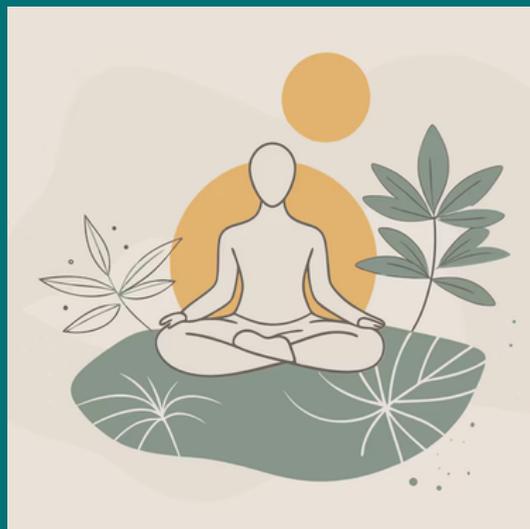


4. Pranayama
Mindful breathing
Control breath
Life energy



5. Pratyahara

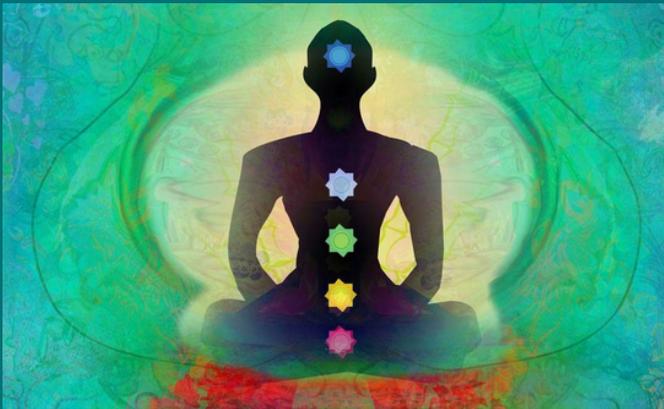
Managing your senses
Sense-withdrawal
Introspection



6. Dharana
Mental sharpness
Focus/concentration



7. Dhyana
Meditation
Awareness
Heightened consciousness



8. Samadhi
Oneness, bliss
Childlike awareness
Spiritually aware and unlocked
Seeing universal oneness

