

1. Yamas self-restraint, moral vows and 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 SAUCHA (cleanliness/purity)
- 2 SANTOSH (contentment)
- 3 TAPAS (removing impurities)
- 4 SWADHYANA (self-awareness and self-observation)
- 5 ISVARA-PRANIDHANA (devotion to a higher power)



8. Samadhi

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

8 limbs of yoga

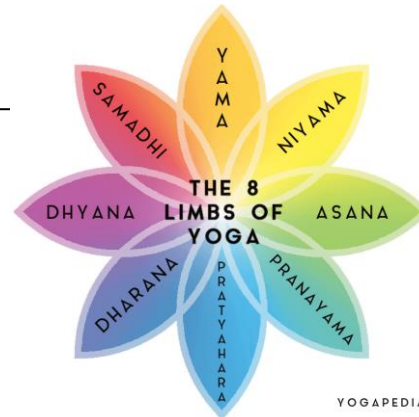
3. Asana

Physical practice
Poses or postures
Meditation 'seat'



7. Dhyana

Meditation
Awareness
Heightened consciousness



4. Pranayama

Mindful breathing
Control breath
Life energy



6. Dharana

Mental sharpness
Focus/concentration

5. Pratyahara

Managing your senses
Sense-withdrawal
Introspection