

Eight Limbs of Yoga



STRENGTH
BALANCE
EQUANIMITY



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YAMA – ethical restraints

Ahimsa – non violence

Satya – truthfulness

Asteya – not stealing

Brahmacharya – appropriate sexuality

Aparigraha – not taking more than you need

NIYAMA – self restraints

Sauca – cleanliness/purity

Santosa – contentment

Tapas – ardent effort

Svadyaya – self-study and study of scriptures

Ishvara pranidhana – surrender to God

ASANA – physical exercises

PRANAYAMA – breathing exercises

PRATYAHARA – turning the senses inward

DHARANA – concentration

DHYANA – meditation

SAMADHI – integration