THE 8 LIMBS OF YOGA

From the Yoga Sutras

of Patanjali - Written 400 CE

1. YAMA Community Ethics



• Ahimsa: Non-Violence

• Satya: Honesty

• Asteya: Non-Stealing

Brahmacharya:
 Sexual Integrity

• Aparigrahah:

Non-Grasping

2. NIYAMA Personal Observances



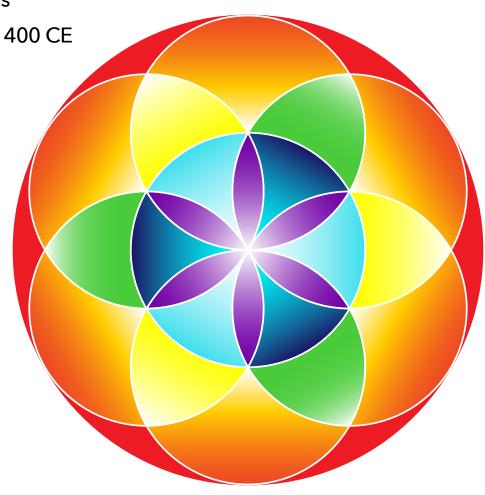
• Saucha: Cleanliness

Santosha:Contentment

• Tapas: Self Discipline

• Svadhyaya: Self Study

Ishvarapranidhana:
 Surrender to Divinity



3. ASANA Seat/Posture



4. PRANAYAMA Breath Control



5. PRATYAHARA Inner Awareness



6. DHARANA
Concentration



7. DYANA Meditation



8. SAMADHI Enlightened Living

