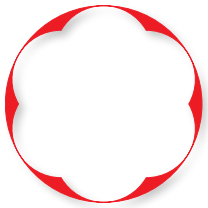


# THE 8 LIMBS OF YOGA

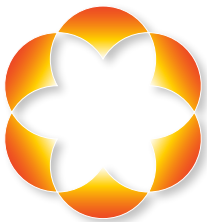
From the Yoga Sutras  
of Patanjali - Written 400 CE

## 1. YAMA Community Ethics



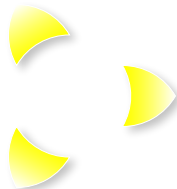
- Ahimsa: Non-Violence
- Satya: Honesty
- Asteya: Non-Stealing
- Brahmacharya:  
Sexual Integrity
- Aparigraha:  
Non-Grasping

## 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

