

YAMAS & NIYAMAS: On the yoga mat and in your everyday life...

This incorporates your group-work ideas, plus a few extra from me.

I've left blank space so that you can keep adding to this with your own ideas, and share any new insights or ideas with the group.

YAMAS - how you connect and relate to others (Sutras II:35 – II:39)				
<p>Ahimsa: <i>Non-violence (II:35)</i></p> <ul style="list-style-type: none"> • Listening to your body – rest when you need to, or is it kinder to explore a little deeper? • Not forcing the body where it's not ready to go • Free from judgements /competition • Taking time for self-care • Positive self-talk • Use kind words with others • Vegetarian/vegan lifestyle • Eco-friendly options • Random Acts of Kindness • Peaceful activism • 	<p>Satya: <i>Truth (II:36)</i></p> <ul style="list-style-type: none"> • Being true to the reality of your body in this moment • "Feel rather than follow" • Not being affected by what others are doing in a group practice. • Honesty/integrity • Being happy to say "I don't know" • Keep promises • Ownership of your choices/actions • Express your own unique self to the world • Being wonderfully YOU! • Retraining in a profession that feels true to you • Be open to 'new truths' or opposing ideas 	<p>Asteya: <i>Non-stealing (II:37)</i></p> <ul style="list-style-type: none"> • Time: arrive at appointments, meetings, or classes on time • Avoid comparison to others • Give credit to others where it's due • Celebrate the success of others • Live within your means • Generosity (unconditional) in love and actions • Avoid wasting the world's precious resources 	<p>Brahmacharya: <i>Continence/Moderation(II:38)</i></p> <ul style="list-style-type: none"> • Right use of energy – choosing the most suitable 'option' in a posture. • Knowing when to rest, and when to flow in your practice. • Sharing and expressing love for all beings – there is enough love to go around and be shared with all. • Fidelity, trust • Avoid over-indulgence • Learn to understand 'enough' • Finding ways to feel balanced (physically, emotionally) 	<p>Aparigraha: <i>Greedless / non-grasping (II:39)</i></p> <ul style="list-style-type: none"> • Not attached to the end-result of a posture, letting go of how a posture 'should' look • Meditation: witnessing thoughts without becoming attached • Not hoarding possessions / detachment from material possessions • Belief in abundance

NIYAMAS - how you connect and relate to yourself (Sutras II:40 – II:45)

<p>Sauca: <i>Cleanliness/purity (II:40 – 41)</i></p> <ul style="list-style-type: none"> • Keeping your practice space free from clutter • Clean body, clean yoga kit • Cleansing practices e.g. jala neti, tongue cleansing, kapalabhati • Nourish the body e.g. eating fresh foods, fresh air • Nourish the mind with positivity – notice negative self-talk • De-clutter 	<p>Santosha: <i>Contentment (II:42)</i></p> <ul style="list-style-type: none"> • Accepting where you are in your practice today • Learning to love your unique body as it is • Gratitude practice • Being non-competitive • Valuing your time on your mat • Accepting yourself and your own unique expression in the world • A positive mindset (remember ‘pratipaksha bahavana’, when the mind is troubled by negative thoughts develop the opposite). • Practice being in the present moment. Notice when you are resistant. 	<p>Tapas: <i>Self-discipline (II:43)</i></p> <ul style="list-style-type: none"> • Enthusiasm & commitment to your practice • Adopting a regular, sustainable practice • Trying postures you tend to avoid – if safe for your body • Overcome the inner critic and procrastination, and take inspired action • Intention setting • Use a habit tracker to keep you motivated and track progress 	<p>Svadyaya: <i>Self-study (II:44)</i></p> <ul style="list-style-type: none"> • Learning to understand the body/mind in your practise • Study the yogic texts • Refer to the yama/niyama when facing difficult decisions • Being on this course 😊 • Self-reflection / reflective studies • Therapy • Journaling • Attend workshops, listen to podcasts – and apply the learning • Notice ways in which your studies lead to transformation and growth 	<p>Isvara Pranidhana: 11:45 <i>Surrender to God / higher power</i></p> <ul style="list-style-type: none"> • Surrender into the posture – where is there tension? • Savasana, relaxation, Yoga Nidra • Having a higher goal than just the postures – yoga beyond the shapes • Have a goal, plan, take action and surrender to the outcome • Trust in the bigger picture • Listen to and trust your inner guidance system/intuition • Follow a faith if you have one • Consider: what are my beliefs? • Acceptance of ‘what is’
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