

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 • Not forcing the body where it's not ready to go. Challenging yourself within your limits • Respecting your body • Making healthy food choices • Giving yourself permission for self-care • Acceptance/tolerance • Positive self-talk • Vegetarian/vegan lifestyle • Eco-friendly options / ethical choices • Random Acts of Kindness 	<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 – listening to your body • Leaving your ego out of it • 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 • Be open to ‘new truths’ or opposing ideas • Think before you speak: is it true, is it kind, is it necessary, does it improve the silence 	<p>Asteya: <i>Non-stealing (II:37)</i></p> <ul style="list-style-type: none"> • Arrive at your yoga class 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 • Not stealing your own useful time • 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 appropriate ‘option’ in a posture • Saving energy for the ‘peak pose’ of your practice • Conserving mental energy prior to your practice (e.g. not checking emails before your practice starts). • Fidelity, trust • Avoid over-indulgence • Learn to understand ‘enough’ • Finding ways to feel balanced (physically, emotionally) • Saving energy for self-care 	<p>Aparigraha: <i>Greedless / non-grasping (II:39)</i></p> <ul style="list-style-type: none"> • Releasing physical tension • Not attached to the end-result of a posture, letting go of how a posture ‘should’ look and accepting what you can do • Letting go of perfectionism (self and others) • Inspiring standards, not driving standards • 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. clean eating, fresh air 	<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 journal • Accepting yourself and your own unique expression in the world 	<p>Tapas: <i>Self-discipline (II:43)</i></p> <ul style="list-style-type: none"> • Enthusiasm & commitment to your practice • Dedication and commitment to “get on the mat” • Determination – being the best you can be • Adopting a regular, sustainable practice 	<p>Svadyaya: <i>Self-study (II:44)</i></p> <ul style="list-style-type: none"> • Learning to understand the body/mind in your practise • Your own personal way of doing the pose • Self inquiry / self development • Study the yogic texts 	<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 • Have a goal, plan, take action and surrender to the outcome • Trust in the bigger picture

<ul style="list-style-type: none"> • Nourish the mind with positivity – notice negative self talk • De-clutter • Enter each moment with cleanliness of heart and mind 	<ul style="list-style-type: none"> • Practice being in the present moment. Notice when you are resistant. • Be free from blame (others, self) 	<ul style="list-style-type: none"> • Trying postures you ‘don’t like’ – if safe for your body • Overcome the inner critic and procrastination and take inspired action • Intention/goal setting • Use a habit tracker to keep you motivated and track progress • Using your time wisely 	<ul style="list-style-type: none"> • Refer to the yama/niyama when facing difficult decisions • Journaling • Improving knowledge: attend workshops, listen to podcasts – and apply the learning • Notice ways in which your studies lead to transformation and growth • Be open and curious • Understanding your own strengths and weaknesses 	<ul style="list-style-type: none"> • Listen to and trust your inner guidance system/intuition
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