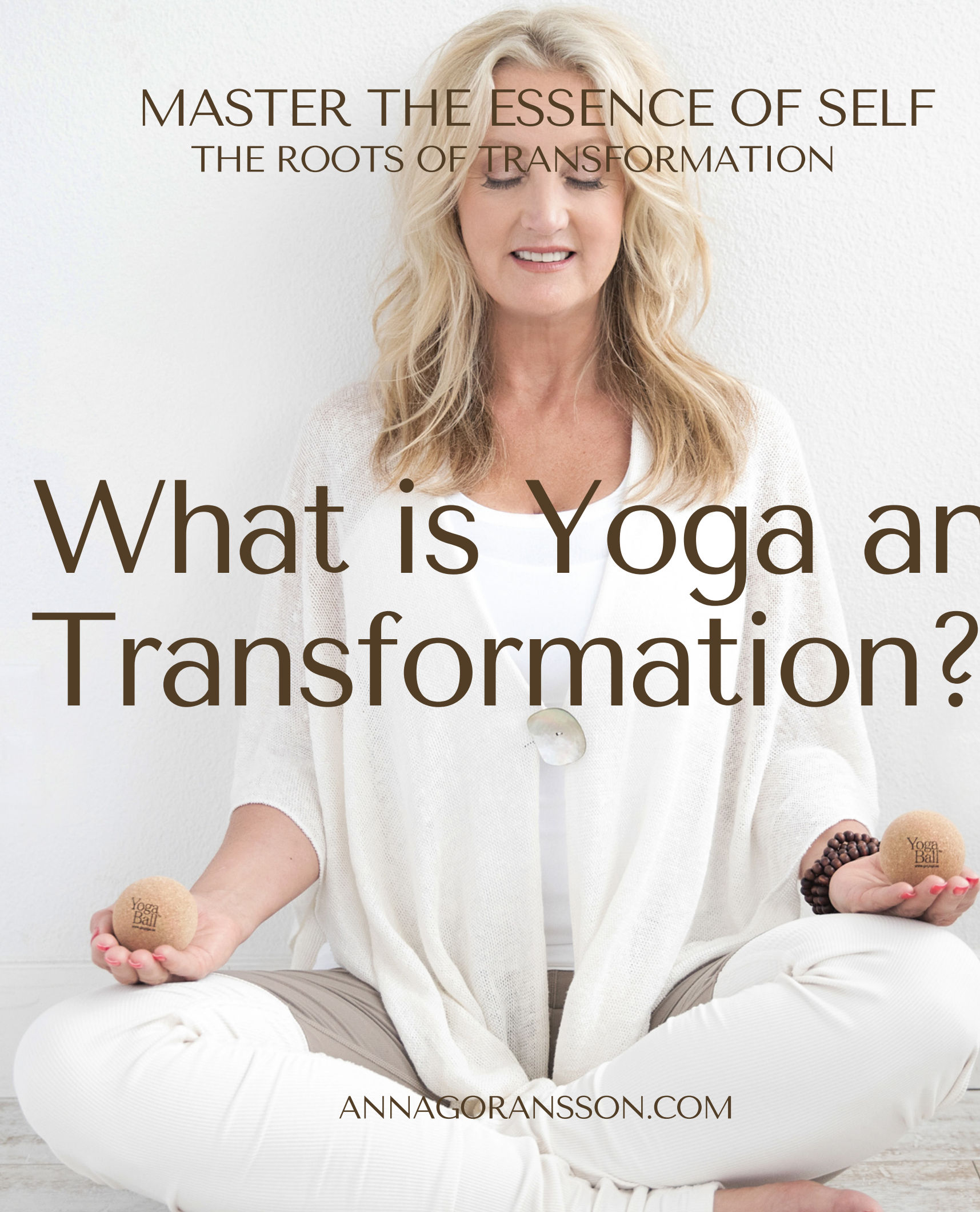


MASTER THE ESSENCE OF SELF
THE ROOTS OF TRANSFORMATION



What is Yoga and Transformation?



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Yoga means
to Yoke, to
unite. It is the
union of the
body, mind,
and soul.

Transformation
happens when
the body,
mind, and soul
become one.



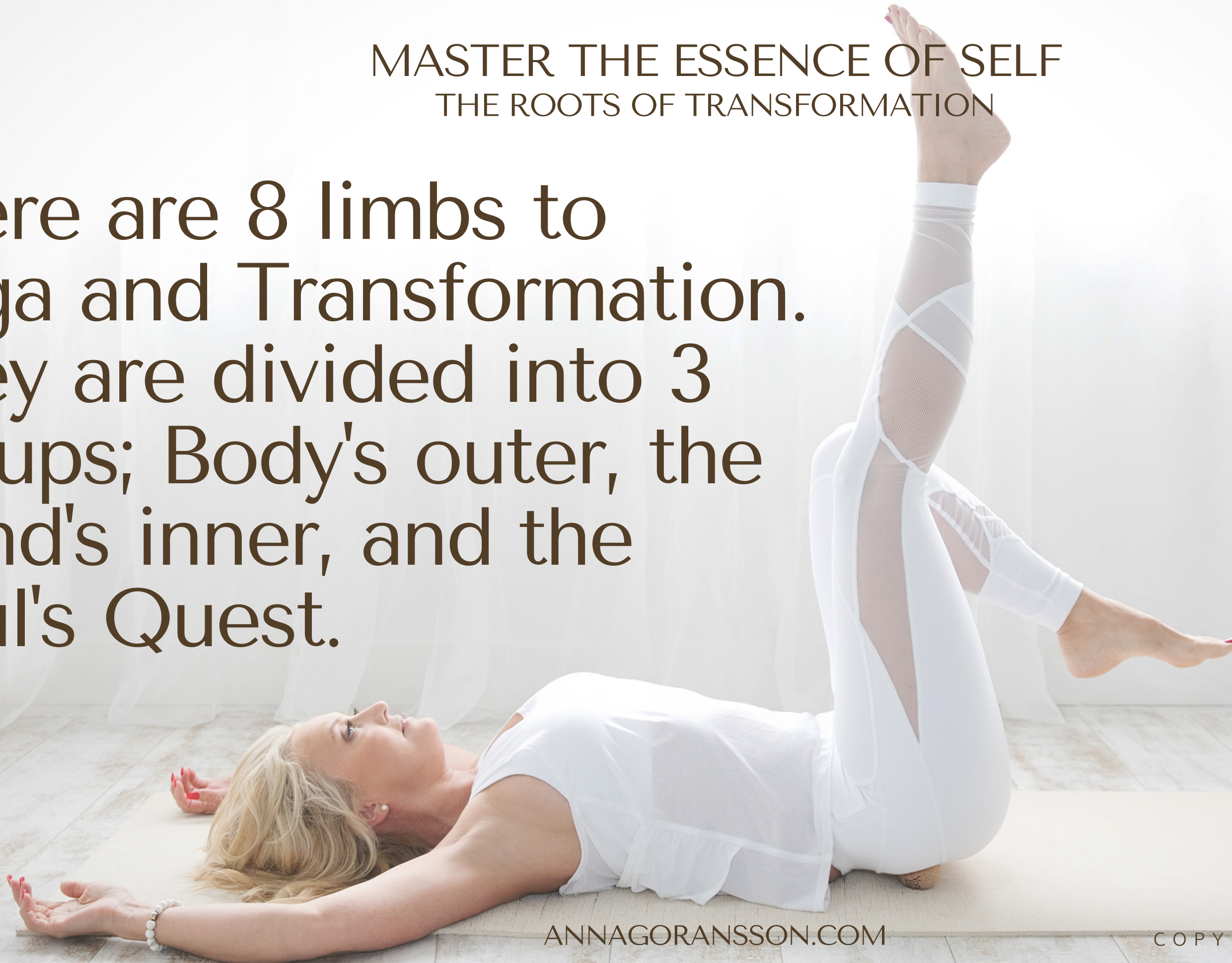
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There are 8 limbs to
Yoga and Transformation.
They are divided into 3
groups; Body's outer, the
Mind's inner, and the
Soul's Quest.



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BODY'S OUTER QUEST

1. YAMA - Restraint, Universal Ethics (5) (The Root Cause of Suffering)
2. NIYAMA - Personal Discipline (5)
3. ASANA - Posture, Physical Health, Anatomy, Alignment, Movement

MIND'S INNER QUEST

4. PRANAYAMA - Subtization of Breath and Life Force
5. PRATYAHARA - Sense-Withdrawal, Psychological Health, (The Forgotten Limb)

SOUL'S QUEST

6. DHARANA - Concentration
7. DHYANA - Meditation
8. SAMADHI - Enlightenment, Spiritual Health

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"When a yogin becomes qualified by practicing moral discipline (yama) and self-restraint (niyama), he can proceed to posture and the other limbs."

-Yoga-Bhashya-Vivarana 2.29

The Yoga Tradition
by George Feuerstein.

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THE YAMAS ETHICAL RESTRAINT Regulating Social Interaction

1. AHIMSA
Nonharming - Peace
2. SATYA
Truthfulness - Power
3. ASTEYA
Nonstealing - Wealth
4. BRAHMACARYA
Moderation - Health
5. APARIGRAHA
Nongreed - Wisdom



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THE NIYAMAS PERSONAL DISCIPLINE Self Cultivation

1. SAUCHA
Purity - Clarity

2. SAMTOSHA
Contentment - Happiness

3. TAPAS
Purifying Heat - Awareness

4. SVADHYAYA
Personal Study - Insight

5. ISVARA PRANIDHANA
Spiritual Devotion - Awakening



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