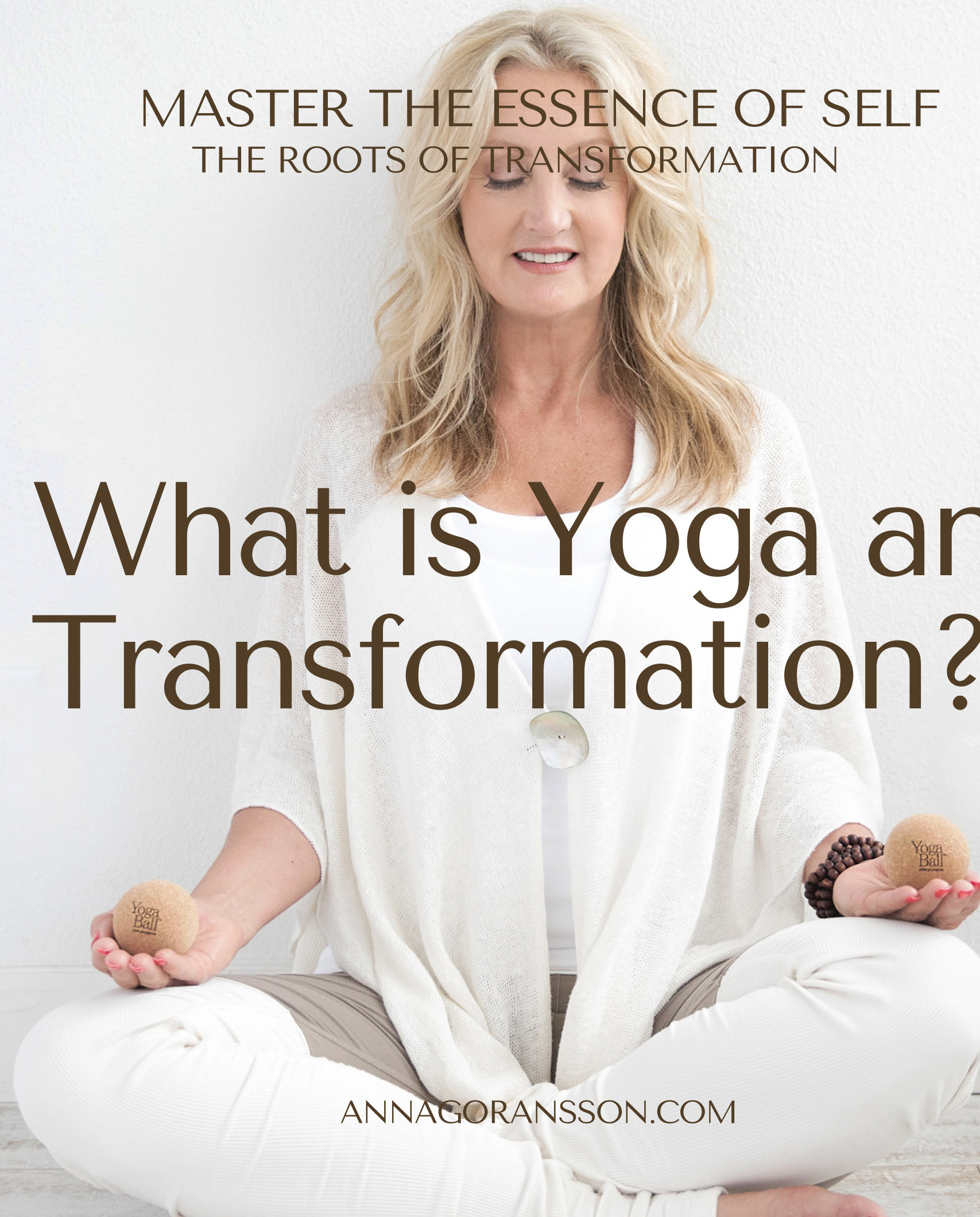


MASTER THE ESSENCE OF SELF
THE ROOTS OF TRANSFORMATION



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.

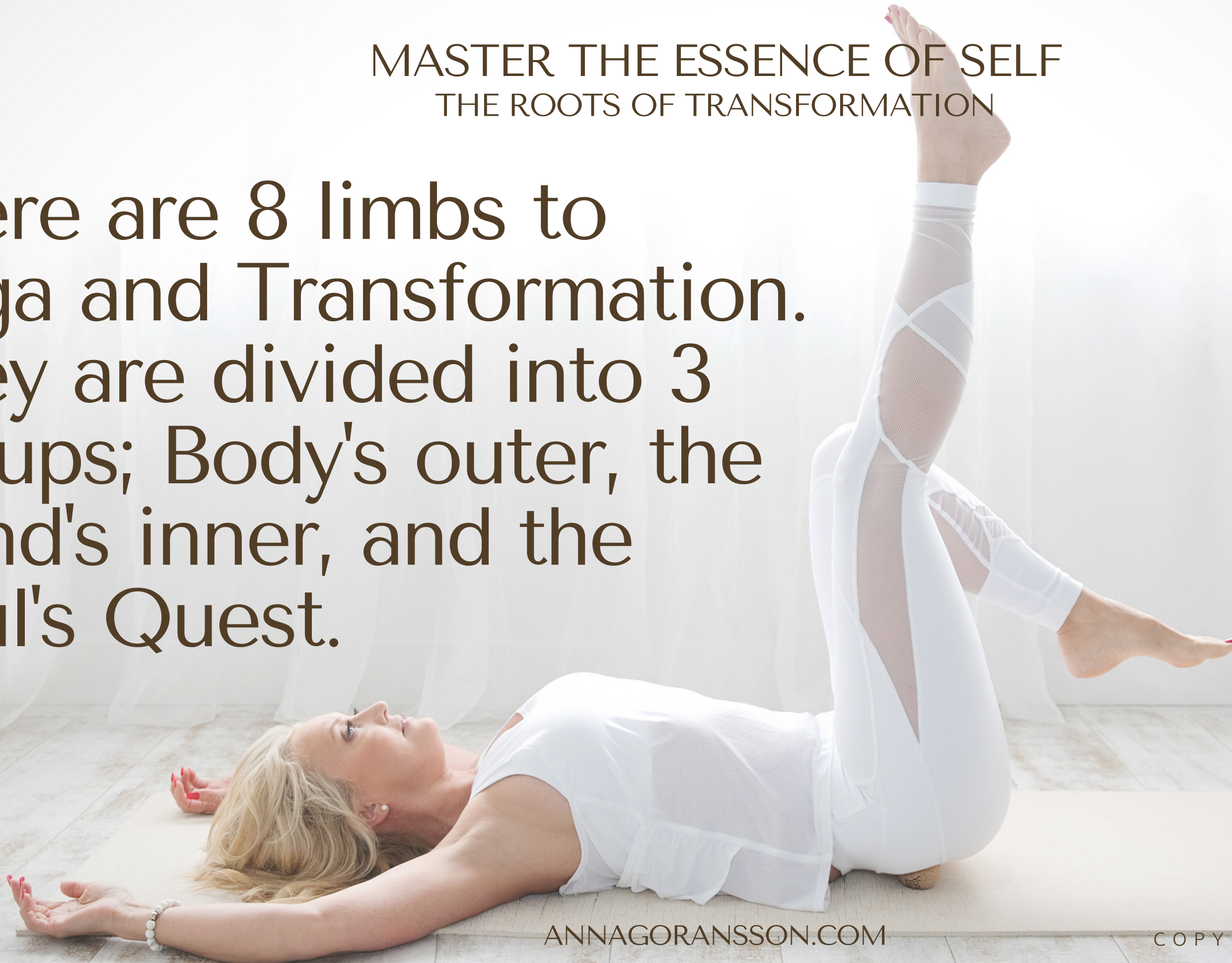
Transformation happens when the body, mind, and soul become one.



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

MIND'S INNER QUEST

4. PRANAYAMA - Breath Control, 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 DISCIPLINE Regulating Social Interactions

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



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THE NIYAMAS
RESTRAINT
Regulating Inner Life

1. SAUCHA
Purity - Clarity

2. SAMTOSHA
Contentment - Happiness

3. TAPAS
Heat - Awareness

4. SVADHYAYA
Studying - Insight

5. ISVARA PRANIDHANA
Serving - Awakening



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