



Eight Limbs of Yoga



1 yamas

5 social ethics

ahimsa - kindness

satya - truthfulness

asteya - nonstealing

brahmacharya - moderation

aparigraha - generosity

2 niyamas

5 personal practices

saucha - purity

santosha - contentment

tapas - austerity

swadyaya - self-study

iswara-pranidhana - surrender

8 samadhi

pure bliss

Constant complete harmony
of the Self with universe

7 dhyana

de-concentration

Dropping all the efforts and letting go

6 dharana

concentration

Focus and
attention

5 pratyahara

turning inward

Providing alternate 'inner point of attraction'
(like breath, chakra) to the senses to go inward

3 asana

postures

Easy comfortable positions
of the body, connecting
the mind and spirit to
experience stillness
and infinity

4 pranayama

mindful breathing

Honoring the breath to
uncover the light within

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