

## **ASTANGA YOGA — Eight Limbs of Yoga**

<b><i>Yama</i></b>	—	universal vows
<b><i>Niyama</i></b>	—	individual observances
<b><i>Asana</i></b>	—	postures
<b><i>Pranayama</i></b>	—	regulation of prana (life force) through rhythmic control of breath
<b><i>Pratyahara</i></b>	—	withdrawal of the mind from the domination of the senses
<b><i>Dharana</i></b>	—	concentration
<b><i>Dhyana</i></b>	—	meditation
<b><i>Samadhi</i></b>	—	absorption, profound meditation

## **YAMA (universal vows — moral restraints)**

### *Ahimsa*

— non-violence

### *Satya*

— truth

### *Asteya*

— abstinence from stealing

— not taking things that have not been given

### *Brahmacharya*

— chastity/continence

— communion with God

### *Aparigraha*

— freedom from greed

## **NIYAMA (Individual observances)**

### *Sauca*

— cleanliness

— purity

### *Santosha*

— contentment

— absence of desire

### *Tapas*

— restraint/discipline/austerity

— fire that purifies

— burning desire to achieve a goal

### *Svadhya*

— self-study

— constant vigilance

### *Ishvara Pranidhana*

— dedication of all actions to the Lord

— devotion to the spiritual