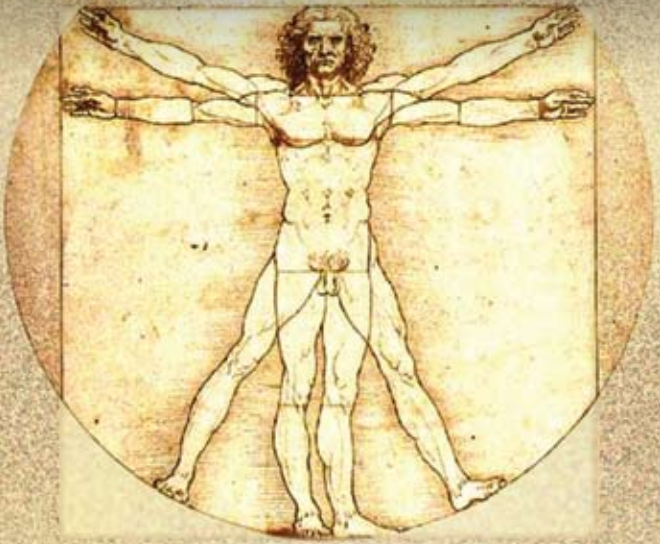




# *The 8 Limbs of Yoga*

*-Patanjali*



- 1 *Yama* - restraints
- 2 *Niyama* - practice
- 3 *Asana* - postures
- 4 *Pranayama* - breath control
- 5 *Pratyahara* - inner awareness
- 6 *Dharana* - concentration
- 7 *Dhyana* - meditation
- 8 *Samadhi* - blissful union

#### *Yamas:*

ahimsa - non violence  
satya - truthfulness  
asteya - non stealing  
aparigraha - non grasping  
bramacharya - moderation

#### *Niyamas:*

saucha - purity  
santosha - contentment  
tapas - austerity  
svadhyaya - Self study  
isvarapranidhana  
- surrender to the Divine



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