

The Eight Limbs of Yoga

Yama

codes of restraint, self-regulations



- Ahimsa - nonviolence
- Satya - truthfulness, honesty
- Asteya - non-stealing
- Brahmacharya - no waist of vital energy
- Aparigraha - non-possessiveness, non-greed

Niyama

observances, self-training



- Shaucha - purity of body and mind
- Santosha - contentment
- Tapah - training the senses, discipline
- Svadhyaya - self-study
- Ishvara pranidhana - surrender

Asana

posture, positions



Pranayama



expansion of breath and prana, regulation, control

Pratyahara

- Withdrawal of the senses, bringing inward

Dharana

- Concentration

Dhyana

- Meditation



Samadhi



meditation in its higher state, the state of perfected concentration, blissfulness