

Patanjali's

8

Limbs of Yoga

things you do

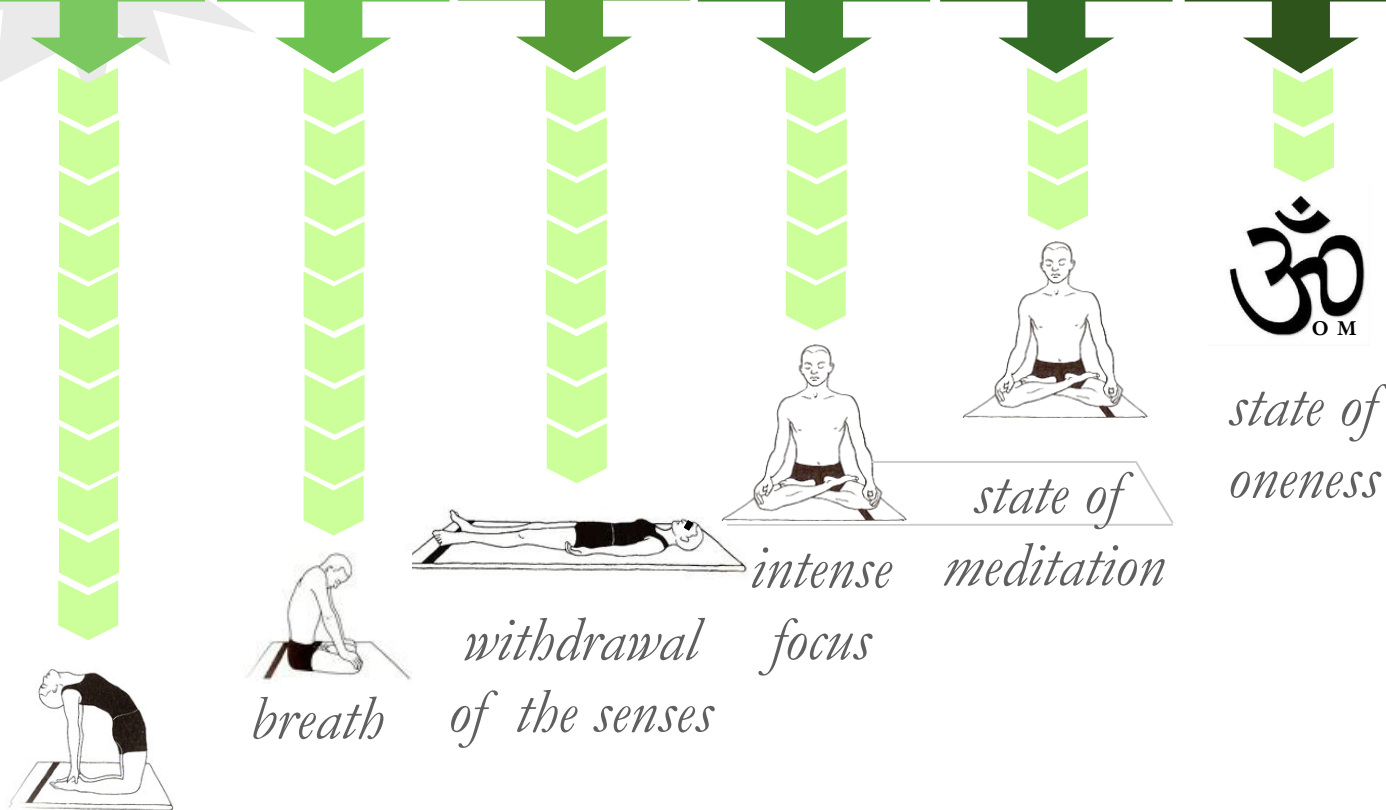
things that happen to you



restraints

observances

| | |
|--|--|
| 1 Ahimsa non-harming | 1 Soucha cleanliness |
| 2 Satya non-lying | 2 Santosa contentment |
| 3 Asteya non-stealing | 3 Tapas zeal for yoga |
| 4 Brahmacharya of Brahma | 4 Svadyaya self-study |
| 5 Aparigraha non-hoarding | 5 Ishvarapranidhana surrender |



pose

breath

withdrawal of the senses

intense focus

state of meditation

state of oneness

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