

Patanjali's

8

Limbs of Yoga

things you do

things that happen to you



1
Yamas

2
Niyamas

3
Asana

4
Pranayama

5
Pratyahara

6
Dharana

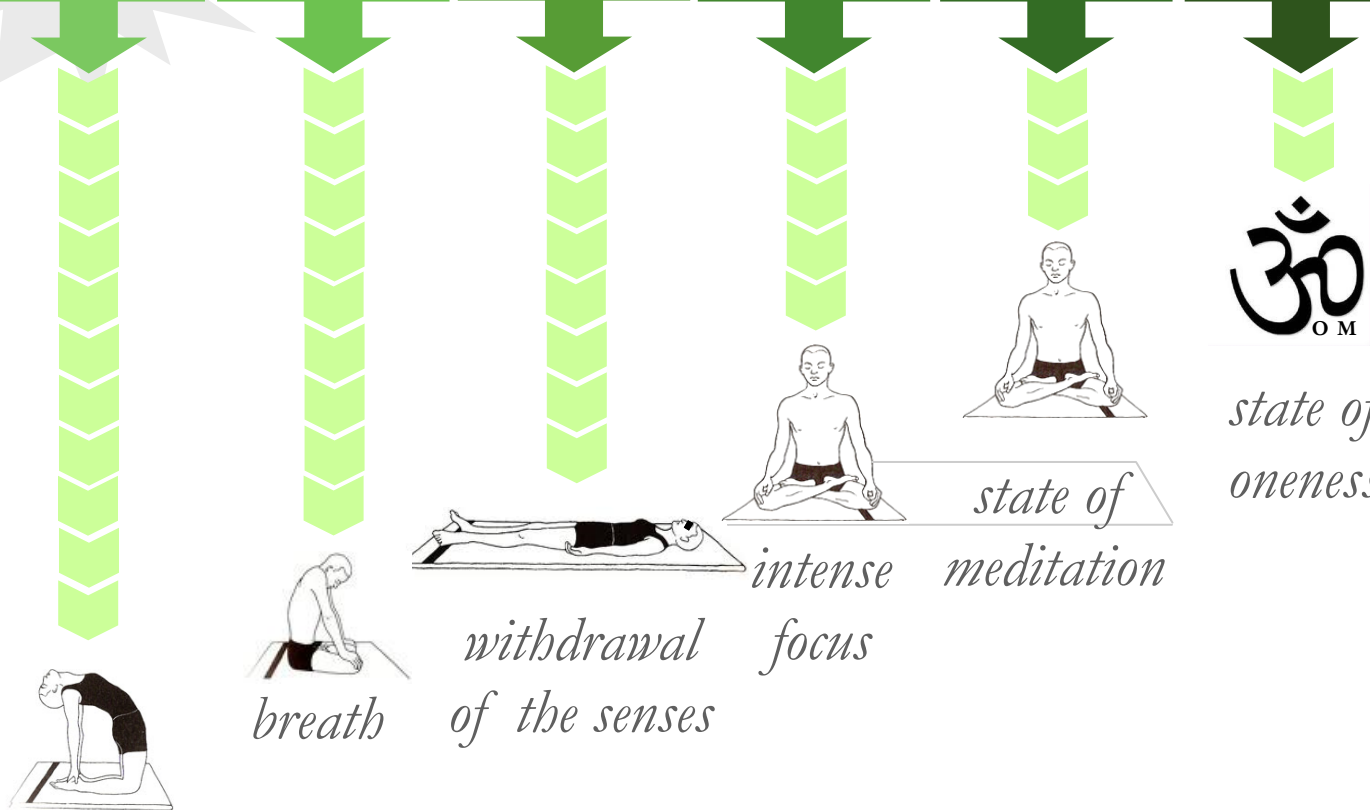
7
Dhyana

8
Samadhi

restraints

observances

1 Ahimsa non-harming	1 Souha 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



state of oneness

state of meditation

intense focus

withdrawal of the senses

breath

pose

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