

EXPLORE THE 8 LIMBS OF YOGA

1

Yama
Social Conduct

2

Niyama
Self-Care

3

Asana
Movement

4

Pranayama
Breathwork

5

Pratyahara
Right Use of Senses

6

Dharana
Concentration

7

Dhyana
Meditation

8

Samadhi
Union



EXPLORE THE 8 LIMBS OF YOGA

1

Yama

Yama: guidelines for social conduct. Includes non-harming, truthfulness, non-stealing, energy management, non-coveting

2

Niyama

Niyama: guidelines for self care. Includes cleanliness, contentment, discipline, self-study, acceptance.

3

Asana

Asana: physical postures and movement that guide us towards ease and steadiness in meditation.

4

Pranayama

Pranayama: breathwork practices that reveal the connection between body, mind, emotions, and breath.

5

Pratyahara

Pratyahara: withdrawal or management of the senses, so that our attention can be directed within.

6

Dharana

Dharana: concentration of the mind, so that we can remain steady in our mental activity, leading us towards meditation.

7

Dhyana

Dhyana: meditation or contemplation, quieting the fluctuations of the mind and resting in the present moment.

8

Samadhi

Samadhi: union, or a state of absorption known as total self-collectedness. Becoming one with the moment, uniting body, mind, and spirit.