

Eight Limbs of Yoga



1 yamas

5 social ethics

ahimsa - kindness
satya - truthfulness
asteya - nonstealing
brahmacharya - moderation
aparigraha - generosity

2 niyamas

5 personal practices

saucha - purity
santosha - contentment
tapas - austerity
swadhyaya - self-study
iswara-pranidhana - surrender

8 samadhi

pure bliss

Constant complete harmony
of the Self with universe

3 asana

postures

Easy comfortable positions
of the body, connecting
the mind and spirit to
experience stillness
and infinity

7 dhyana

de-concentration

Dropping all the efforts and letting go

4 pranayama

mindful breathing

Honoring the breath to
uncover the light within

6 dharana

concentration

Focus and
attention

5 prathyahara

turning inward

Providing alternate 'inner point of attraction'
(like breath, chakra) to the senses to go inward

Elements Of Yoga

Chao Zhang



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