

8 LIMBS OF YOGA

YAMAS(social ethics)

-kindness, truthfulness, non-stealing, moderation, generosity

NIYAMAS(personal practices)

-purity, contentment, austerity, self-study, surrender

ASANA(poses/postures)

PRANAYAMA(mindful breathing)

PRATHYAHARA(withdrawal of the senses)

DHARANA(concentration)

DHYANA(de-concentration or meditation)

SAMADHI(pure bliss)