

## **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)