

The 1st limb of Patanjali's eight limbs of yoga.

Yamas

Five purification practices that form the ethical foundation for living one's life. They work specifically on the mind, the seat of all our thoughts. They are guidelines for living to our greatest potential.

AHIMSA

Non-violence and consideration for all beings. Cultivating love and compassion for all life and causing as little harm as possible.

SATYA

With pure intentions we bring sincerity and integrity to all expressions. Speaking your truth with kindness, communicating from the heart.

ASTEYA

Acknowledging that we already have enough, and are enough, so desiring less and only taking what we need in the present moment. Living simply.

BRAHMACHARYA

Containing our powerful sexual energy and transforming this vital force to a spiritual level. Redirecting this energy will increase inner strength.

APARIGRAHA

Non-attachment to possessions and thoughts, letting go of everything that does not serve you in the present.

The 2nd limb of Patanjali's eight limbs of yoga.

Niyamas

The second limb is made up of five observances concerned with personal disciplines and the ways that we care for ourselves.

SAUCHA

Purity of the mind, speech, body and actions by refraining from impure or toxic thoughts, words, food or deeds. As impurities dissolve, awareness emerges.

SANTOSHA

Detaching from our desires and cultivating inner peace, joy and acceptance of all that encompasses our life. Contentment.

TAPAS

Expressing the passion in your heart through focused discipline and commitment. To be in the true state of yoga.

SVADHYAYA

Turning our mind away from the worldly and focusing our awareness within, to discover the deeper meaning of life and our spiritual path.

ISHVARA PRANIDHANA

Recognition of a greater force in the universe, and surrendering to its guidance to bring peace and understanding to your life.

Asana

The 3rd limb of Patanjali's eight limbs of yoga.
The physical postures in a yoga practice
that serve as a gateway to the self
by teaching us to pay attention and focus the mind.



Pranayama

The 4th limb of Patanjali's eight limbs of yoga.
Regulation of the incoming and outgoing flow of the breath,
to control the flow of prana in the body,
leading to meditation and inner stillness.



Pratyahara

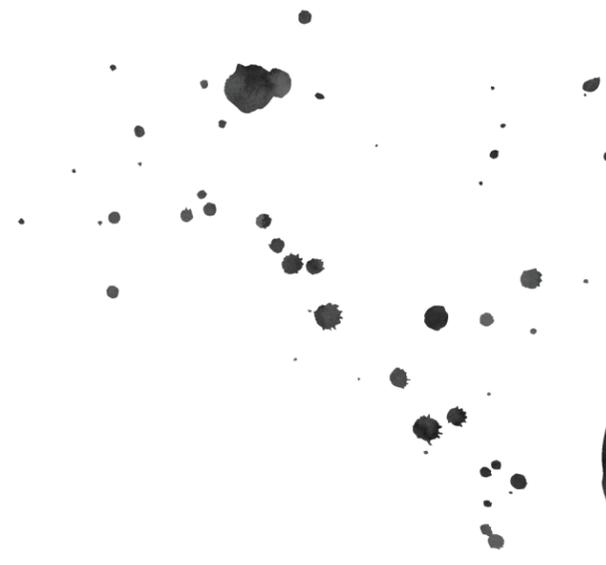
The 5th limb of Patanjali's eight limbs of yoga.

Withdrawal of the senses brings new awareness,
encouraging further inward focus and mind control
- the bridge to meditation.

dharana



The 6th limb of Patanjali's eight limbs of yoga.
Focusing attention on a single point or breath,
concentrating and clearing the mind of inner conflict,
the beginning of meditation.



dhyanam

The 7th limb of Patanjali's eight limbs of yoga.
Surrendering and letting go of the fluctuations of the mind,
stillness, for meditation and expansion of yourself.



Samadhi

The 8th limb of Patanjali's eight limbs of yoga.
Self realisation by shifting from the conscious self
to the transcendental self. The final gift of yoga.