

Patanjali's eight limbs of yoga

# Niyama

**2nd limb - Healthy living**

Five observances concerned with personal disciplines that maintain a positive environment in which to grow, giving us the self-discipline and inner-strength necessary to progress along the path of yoga.



# Sancha

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



# Santosh

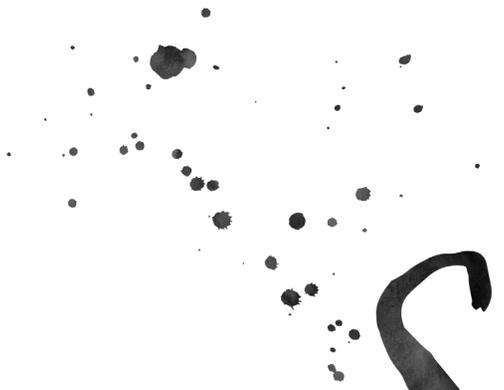
Complete contentment.

Detaching from outcomes and cultivating inner peace,  
joy and acceptance for all that is.



# Tapas

Self-discipline and commitment. Spiritual rebirth.  
To be in the true state of yoga.



# Svadhya

The study of one's self through meditation.  
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.