

# Ahimsa

The first of the yamas.

Non-violence and consideration for all beings.

Cultivating love and compassion for all life  
and causing as little harm as possible.



# Satya

The second of the yamas.

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

# Asteya

The third of the yamas.

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

The fourth of the yamas.

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

# Aparigraha

The fifth and final yama.

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