

The 8 Limbs of Ashtanga Yoga

In Pantanjali's Yoga Sutra, these 8 tenets provide a guide on how to journey through a meaningful and purposeful life.

Yamas	Niyamas	Asana	Pranayama	Pratyahara	Dharana	Dhyana	Samadhi
Right living with self and others (Social harmony)	Right living with our inner minds and thoughts (Living soulfully)	Right living with our bodies (Postures)	Right use of our energy (Breath)	Right use of our senses (Sense withdrawal)	Concentration	Meditation	Oneness
<i>Ahimsa</i> nonviolence	<i>Saucha</i> Purity	Care of the body keeps the body strong, flexible, and relaxed.	"Life force extension"	Drawing attention toward silence rather than toward things.	Focusing attention and cultivating inner perceptual awareness.	Sustaining awareness under all conditions.	Unity or the experience of connection.
<i>Satya</i> Truthfulness	<i>Santoshā</i> Contentment	Developing energetic awareness of our bodies.	Breath rejuvenates and extends the quality of living.				Enlightenment
<i>Asteya</i> Nonstealing	<i>Tapas</i> Self-Discipline	Strengthens nervous system and refines our process of inner perception.	Breathing practices develop constancy in the movement of <i>prana</i> , life force.				
<i>Brahmacharya</i> Nonexcess	<i>Svādhyaya</i> Self-Study						
<i>Aparigraha</i> Non Possessiveness	<i>Ishwara Pranidhana</i> Surrender						
External Cleansing Practices					Internal Results of the Practices		

