

## *Yamas & Niyamas*

### *The Principles of Living a Conscious Life*

#### *Yamas*

*Social Guidelines/Restraints*

#### *Ahimsa*

*Nonviolence, compassion for self  
and others*

#### *Satya*

*Truth in thought, words and deeds*

#### *Asteya*

*Not taking that which has not been  
freely given, offering generosity*

#### *Brahmacharya*

*Moderation, conservation of energy*

#### *Aparigraha*

*Non-covetousness, generosity in spirit and action*



#### *Niyamas*

*Individual Guidelines/  
Observances*

#### *Saucha*

*Purity, care for one's physical,  
mental, emotional and spiritual being*

#### *Santosa*

*Contentment, willingness to  
accept what is*

#### *Tapas*

*Inner-fire, ardor, self-discipline*

#### *Svadhya*

*Self-study, self reflection, study  
of wisdom teachings*

#### *Isvara-Pranidhana*

*Surrender to that which supports our  
lives, devotion*