

## *Yamas*

### *The Five Moral Restraints*

*Ahimsa - Nonviolence   Asteya - Nonstealing*  
*Satya - Truthfulness   Brahmacharya - Moderation*  
*Aparigraha - Nonhoarding*

## *Niyamas*

### *The Five Observances*

*Sauca - Purity   Santosa - Contentment*  
*Tapas - Discipline   Svadhyaya - Self-study*  
*Isvara- Pranidhana - Devotion to a higher power*

## *Samadhi*

*Union of the Self with  
The Object of Meditation*



## *Dhyana*

*Meditation*

## *Asanas*

*Postures*

## *Dharana*

*Concentration*

## *Pranayama*

*Mindful Breathing*

## *Pratyahara*

*Turning Awareness Inward*

**THE EIGHT LIMBS OF YOGA**