

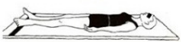


# 8 Limbs of Yoga

Yoga is a system. The 8 limbs of yoga represent a path to self awareness and purpose.  
The ultimate goal is peace.

*Ways that you act and things that you do ...*

*Things that happen to you ...*

1	2	3	4	5	6	7	8		
<b>Yamas</b>	<b>Niyamas</b>	<b>Asana</b>	<b>Pranayama</b>	<b>Pratyahara</b>	<b>Dharana</b>	<b>Dhyana</b>	<b>Samadhi</b>		
<i>5 Personal Restraints</i>	<i>5 Universal Observances</i>	<i>Yoga Poses</i>	<i>Breath Control</i>	<i>Sense Withdrawal</i>	<i>Concentration</i>	<i>Meditation</i>	<i>Connection to Divine</i>		
Ahimsa (non-harming)	Saucha (purity)	A healthy body is essential in cultivating a still mind.	Breathing practices calm the nervous system and prepare body to focus attention inward.	Draw awareness inward and objectively observe what is.	Slow down, concentrate, and focus attention on a single point.	Obtain an uninterrupted flow of awareness.	Peace.		
Satya (truthfulness)	Santosa (contentment)								
Asteya (non-stealing)	Tapas (self discipline)								
Brahmacharya (moderation)	Svadyaya (self study)								
Aparigraha (non-attachment)	Isvarapranidhana (celebrate divine)								
		