

# THE EIGHT LIMBS OF YOGA

## 8. SAMĀDHI

Bliss which defies description.

## 7. DHYANA

Contemplation, mindless attention.

## 6. DHĀRANĀ

Steadying the mind.

## 5. PRATYAHARA

detachment from the world, sitting quietly aware of breath.

Control of senses

Control of breath/life force

## 4. PRANAYAMA

Breathing techniques.

## 3. ASANA

postures and movement.

Control of Body

Purity

Contentment

## 2. NIYAMA

Things to do, coming to terms with yourself.

## 1. YAMA

Self restraints.

Non injury

Truthfulness

Non theft

Spiritual Conduct

Non greed

Austerity

Dedication

Self Study

self Study

Discipline

Dedication

