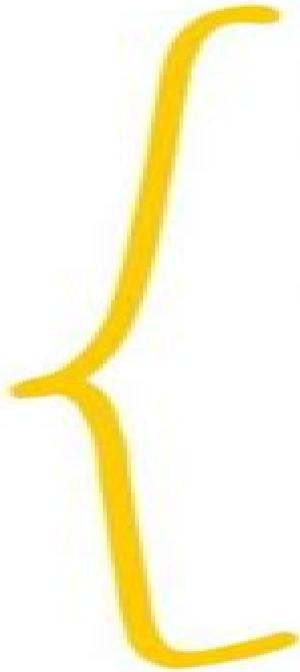


THE 8 LIMBS OF YOGA

OUTSIDE WORLD



1. THE YAMAS

AHIMSA: DON'T HARM.
SATYA: DON'T LIE.
ASTEYA: DON'T STEAL.
BRAHMACHARYA: DON'T PHILANDER.
APARIGRAHA: DON'T BE GREEDY.



2. THE NIYAMAS

SHAUCHA: BE PURE
SANTOSHA: BE CONTENT
TAPAS: SHOW SELF-DISCIPLINE
SVADHYAYA: KEEP LEARNING
ISHVARAPRANIDHANA: SURRENDER TO A HIGHER POWER.



3. ASANA

POSTURE



4. PRANAYAMA

BREATH CONTROL



5. PRATYAHARA

WITHDRAWING YOUR SENSES

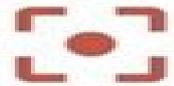


INSIDE WORLD



6. DHARANA

FOCUS



7. DHYANA

MEDITATION



8. SAMADHI

ONENESS



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