

Ashtanga (अष्टांग)

Eight Limbed Yoga Path

The term comes from the Yoga Sutras of Patanjali and refers to his eight-fold path of yoga. In his writings, the yogic sage outlined eight limbs of yoga- eight steps on the path of internal purification that lead to discovery of the Universal of Supreme Self.

1: YAMA (यम)

- Ahimsa (अहिंसा)
- Satya (सत्य)
- Asteya (अस्तेय)
- Aparigraha (अपरिग्रह)
- Brahmacharya (ब्रह्मचर्य)

Social Ethics

- Non-violence
- Truth
- Non-stealing
- Non-coveting
- Continence

2: NIYAMA (नियम)

- Saucha (शौच)
- Santosa (संतोष)
- Tapas (तप)
- Svadhyaaya (स्वाध्याय)
- Ishvarapranidhana (ईश्वर - प्राणिधान)

Personal Practices

- Cleanliness
- Contentment
- Austerity
- Self-study
- Surrender to God

3: Asana (आसन)

Physical Posture

4 Pranayama (प्राणायम)

Breathing Techniques

5: Pratyahara (प्रत्याहार)

Sense Withdrawal

6: Dharana (धारणा)

Concentration

7: Dhyana (ध्यान)

Meditation

8: Samadhi (समाधि)

Enlightenment