

Yoga Sutras

4 chapters / padas

Chapter 1

Samadhi Pada

51 Sutras

Chapter 2

Sadhana Pada

55 sutras

Chapter 3

Vibhuti Pada

55 sutras

Chapter 4

Kaivalya Pada

34 sutras

Samadhi

Dhyana

Yamas

Dharana

Niyama

Pratyahara

Asana

Pranayama



Limb	Meaning
Yama	Ethical restraints
<i>Ahimsa</i>	<i>Non-violence</i>
<i>Satya</i>	<i>Truthfulness</i>
<i>Asteya</i>	<i>Non-stealing</i>
<i>Brahmacharya</i>	<i>Continence</i>
<i>Aparigraha</i>	<i>Non-possessiveness</i>
Niyama	Ethical observances
<i>Shaucha</i>	<i>Purity</i>
<i>Santosha</i>	<i>Contentment</i>
<i>Tapas</i>	<i>Austerity</i>
<i>Swadhyaya</i>	<i>Self-study</i>
<i>Ishwarpranidhan</i>	<i>Devotion</i>
Asana	Physical exercises and postures
Pranayama	Breath control
Pratyahara	Withdrawal of senses
Dharana	Concentration
Dhyana	Meditation
Samadhi	Superconsciousness