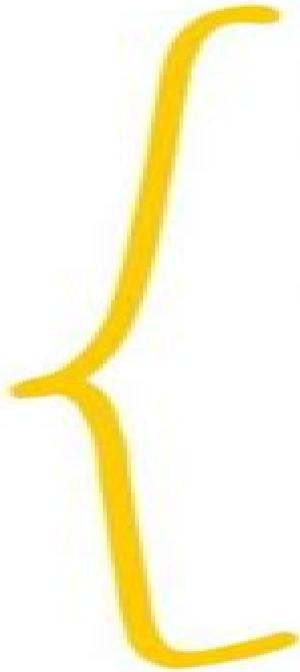


# THE 8 LIMBS OF YOGA

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

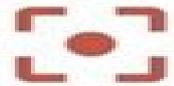


INSIDE WORLD



## 6. DHARANA

FOCUS



## 7. DHYANA

MEDITATION



## 8. SAMADHI

ONENESS



# Yoga Explained

**Rudolf Steiner**



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