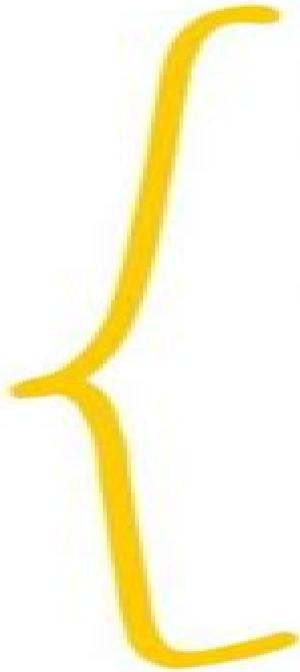


THE 8 LIMBS OF YOGA

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

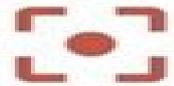


INSIDE WORLD



6. DHARANA

FOCUS



7. DHYANA

MEDITATION



8. SAMADHI

ONENESS



Yoga Explained

Lei Huang



Yoga Explained:

Reviewing **Yoga Explained**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Yoga Explained**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

https://thebrandexperience.com/results/detail/HomePages/Advanced_Stress_Relief.pdf

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