

# The 8 Limbs of Patanjali's Yoga

**1** YAMAS – Codes of Ethical Self-Regulation –  
How we treat others:

- **Ahimsa** – Non-violence
- **Satya** – Truthfulness
- **Asteya** – Non-stealing
- **Brahmacharya** – Energy regulation
- **Aparigraha** – Non-greediness, non-grasping

**2** NIYAMAS – Codes of Ethical Self-Discipline – How we treat ourselves:

- **Sauca** – Cleanliness
- **Santosha** – Contentment
- **Tapas** – Effort, perseverance
- **Svadyaya** – Self-Study
- **Isvara Pranidhana** – Faith, surrender

**3** ASANA – Physical practices of Hatha Yoga

**4** PRANAYAMA – Breathing practices of Hatha Yoga, extension of  
our Life Force Energy.

**8** SAMADHI – Absorption, transcendence,  
oneness with the object of meditation

**7** DHYANA – Meditation, uninterrupted flow  
of concentration

**6** DHARANA – Concentration, focusing the mind.

**5** PRATYAHARA – Withdrawing from identification  
with the senses.