

Eight limbs of Yoga

- 1. Yama** -ethical or guiding principles
- 2. Niyama** – personal code of conduct
- 3. Asana**- postures
- 4. Pranayama**- Life Energy, breath practice
- 5. Pratyahara**- connecting the mind & the senses, drawing the awareness inside
- 6. Dharana**- concentration, focus
- 7. Dyana**- Meditation
- 8. Samadhi**- transformation to pure consciousness, Enlightenment