

# Yamas & Niyamas

## Yamas

1. **Satya**- Truth & integrity
2. **Ahimsa**- Non-violence to self or others
3. **Asteya**- Non stealing ( time, matter, resources)
4. **Aprigraha**- Non-attachment
5. **Brahmacharya**- Non leaking of sexual energy, constructive channelling of life force

## Other Yamas

**Daya**- sympathy & kindness

**Kshama**- patience

**Dhriti**- steadfastness

**Aharatya**- mastery measured, controlled intake of food

## Niyamas

1. **Saucha** – purity, cleanliness
2. **Santosh**- contentment based on gratitude
3. **Tapas**- determination, persistence, one-pointedness
4. **Svadyaya**- self-study & awakening to the Higher Self
5. **Ishvar Pranidhana**- surrender and letting go of the ego to the divine