

The 8 Limb Path of Yoga

The Philosophy & Practice of Yoga

Key Elements in Daily Life

Aspiring to grow
Observing self (awareness)
Discernment (letting go of ignorance)
Integrity (synthesis of thought, word, deed)

Samadhi

Bliss

Tranquility, Fulfillment, Spiritual Illumination, the Seeker becomes the Seer

Dhyana

Meditation

Reflection, Observation,
Inner peace

Dharma

Concentration

Focusing, attention

Pratyahara

Turning Inward

Withdrawal of the senses to the mind & body

The 4 Aims of Life

Dharma - spiritual discipline
Artha - creation of a balanced life
Kama - enjoyment of the fruits of labor
Moksha - liberation

Yamas

Universal Moral Restraints

Ahimsa (nonviolence)
Satya (truthfulness)
Asteya (non-stealing)
Brahmacarya (moderation)
Aparigraha (non-hoarding)

The Path of Evolution

Requires restraint (yamas) + observation (niyamas) + action and practice of all eight limbs = leading to freedom and a joyful, creative life

Niyamas

Personal Observances

Sauca (cleanliness)
Santosha (contentment)
Tapas (self-discipline)
Svadyaya (self-study)
Isvara-pranidhana (surrender)

Asana

Postures

Positions of the body, with involvement of the mind and spirit to create strength, flexibility, balance, and focus

Pranayama

Breath Control

Expansion of vital energy or life force through control of the breath

The 5 Afflictions

Avidya - spiritual ignorance
Asmita - pride
Raga - desire
Dvesa - aversion
Abhinivesa - fear of death



Simple Path To Yoga

Ying-Ying Zheng



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