



The Yamas and Niyamas **Kripalu**
Center for Yoga & Health

PATANJALI'S YOGA



ARE PRACTICES OF:

**SELF-DISCIPLINE
FOR
SELF REALIZATION**



PATANJALI'S YOGA



ANCIENT YOGIC TEXT

COLLECTION OF 196 APHORISMS or SUTRAS

SET OF PRACTICES STRUCTURED AROUND THE 8 LIMBS

SCIENTIFIC and SYSTEMATIC



ASHTANGA YOGA



Yama

Niyama

Asana

Pranayama

Pratyahara

Dharana

Dhyana

Samadhi



YOGAS CHITTA VRITTI NIRODHA

- Patanjali Yoga Sutra 1.2

STRONG FOUNDATION OF:



SELF-AWARENESS

SELF-DISCIPLINE

SELF-ACCEPTANCE

SELF-CARE

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YAMAS



OUTER OBSERVANCES
RESTRAINING CERTAIN BEHAVIORS,
THINGS WE WANT TO PRACTICE
"NOT DOING"

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PATANJALI'S YAMAS



1. Ahimsa – non-violence
2. Satya - truthfulness
3. Asteya – non-stealing
4. Brahmacharya – energy management
5. Aparigraha – non-grasping

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NIYAMAS



INNER OBSERVANCES THAT CREATE
STRENGTH, DISCIPLINE, AND CLARITY.
THINGS WE WANT TO PRACTICE "DOING"

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PATANJALI'S NIYAMAS



6. Saucha - purity
7. Santosha - contentment
8. Tapas - (uplifting) discipline
9. Svadhyaya – self-study
10. Ishvara-Pranidhana - surrender

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ROOTS OF



RIGHT UNDERSTANDING
RIGHT ATTITUDE
RIGHT THINKING
RIGHT ACTION

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SET OF PRACTICES



LIFELONG **INQUIRIES** THAT ARE
INVITATIONS TO ACT IN WAYS THAT
PROMOTE INNER AND OUTER PEACE.

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YAMA

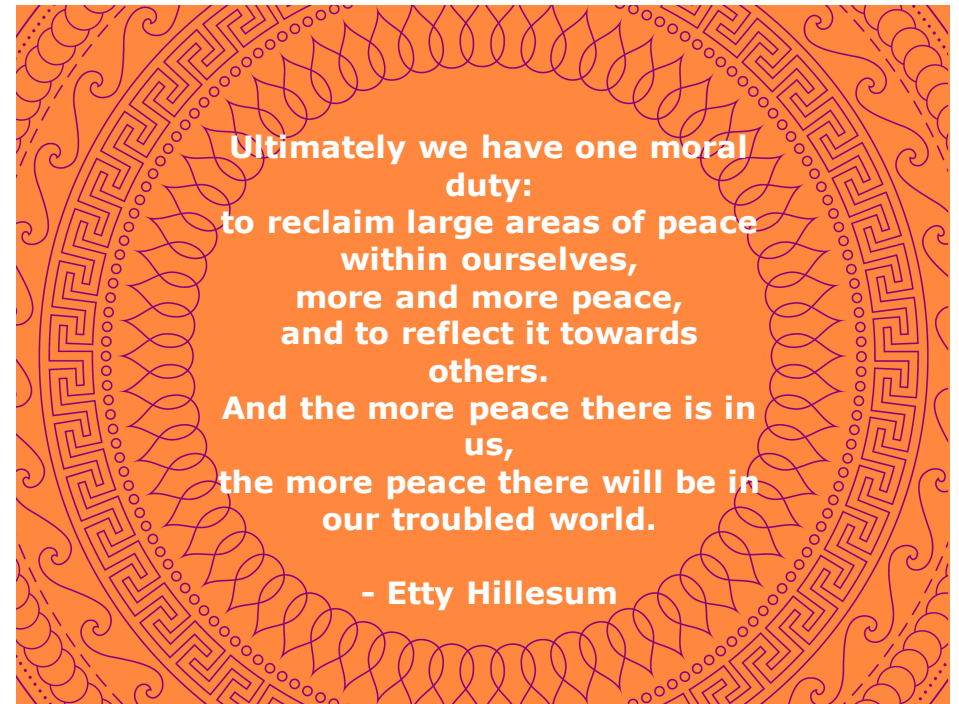


AHIMSA

NON-INJURING
NON-VIOLENCE
NON-HARMING

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YAMA

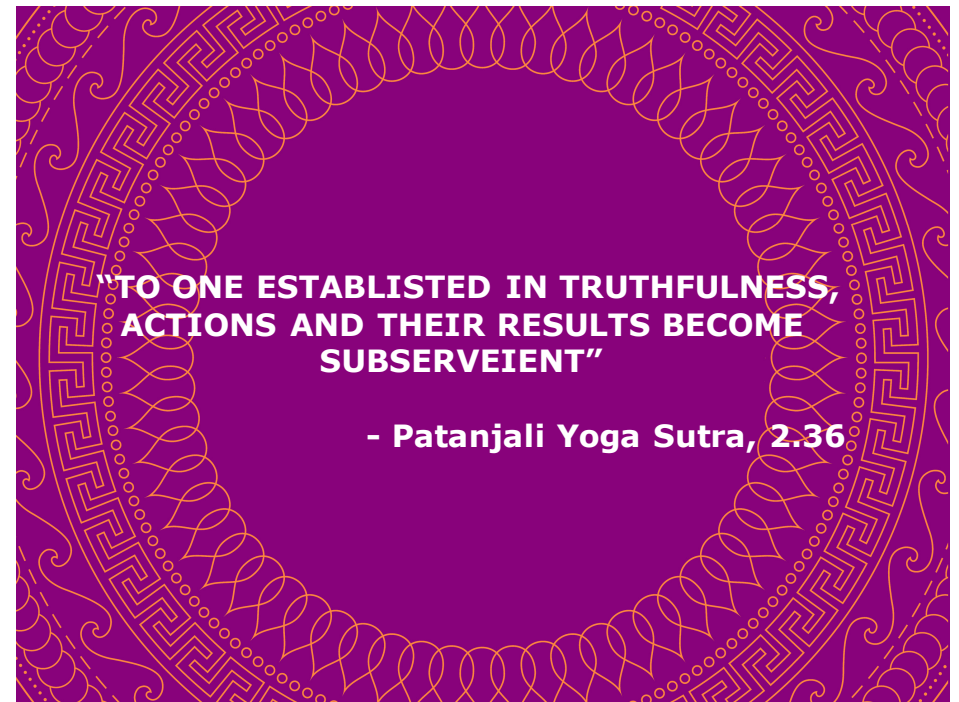


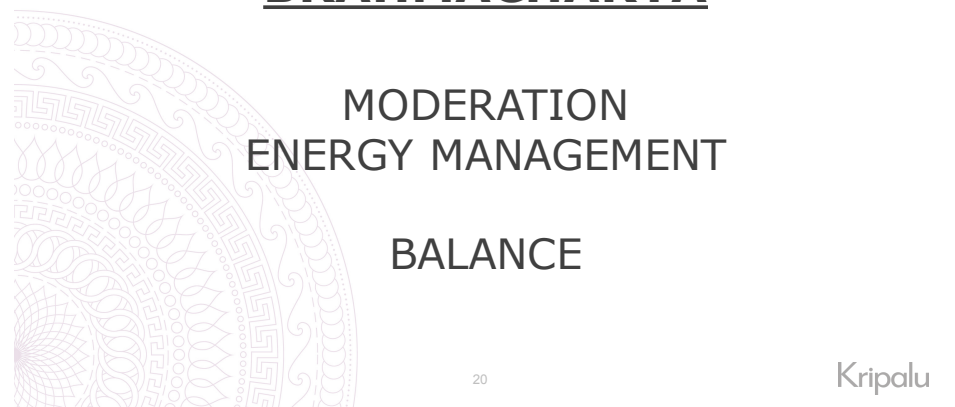
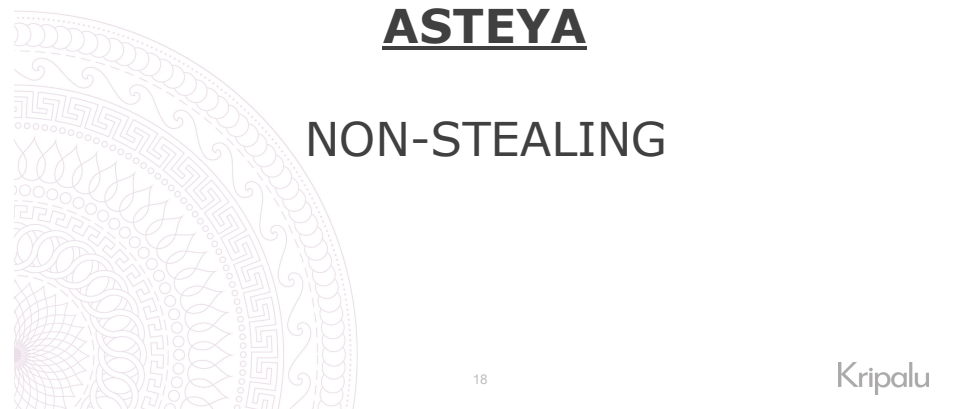
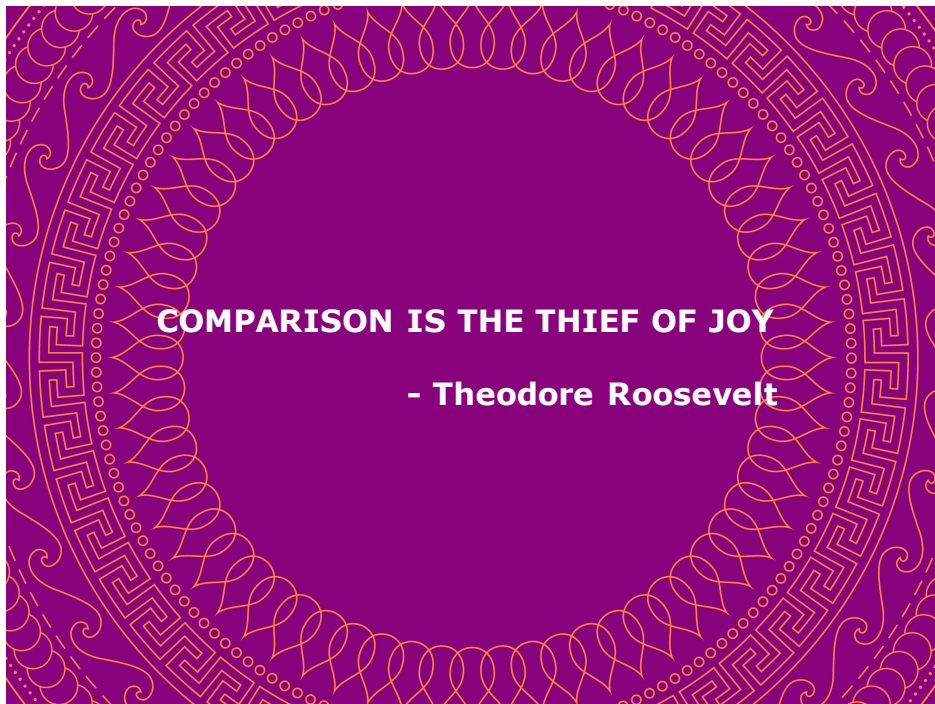
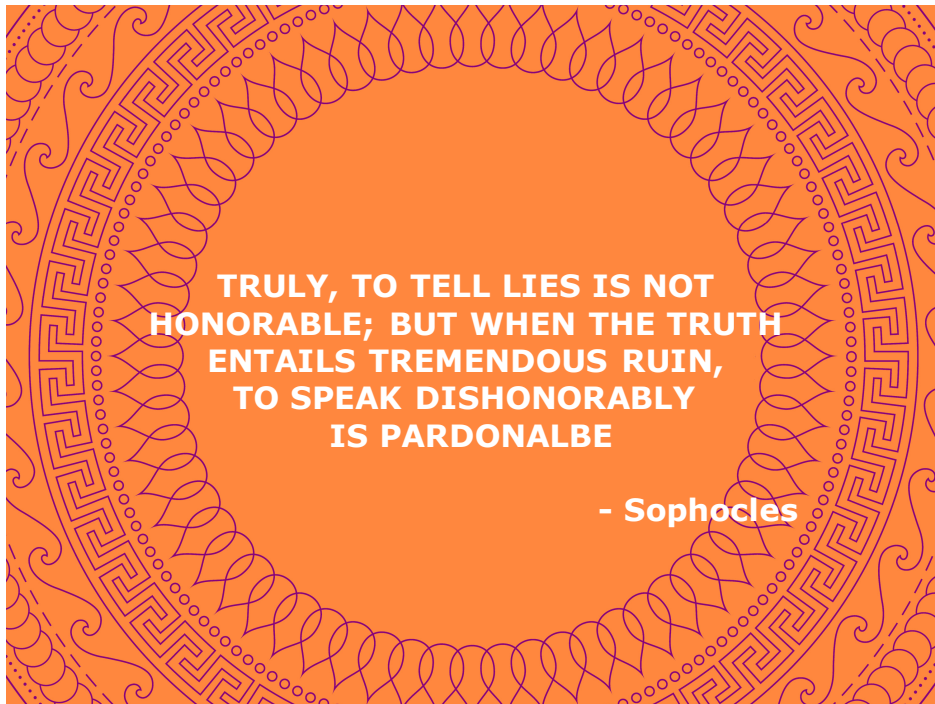
SATYA

TRUTHFULNESS

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YAMA



APARIGRAHA

NON-ATTACHMENT

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**“Let your concern
be with the action alone,
and never with the fruits of action.
Do not let the results of your action
be the motive, and do not be attached
to inaction.”**

- Bhagavad Gita

NIYAMA



SAUCHA

PURITY
CLEANLINESS
CLARITY

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NIYAMA

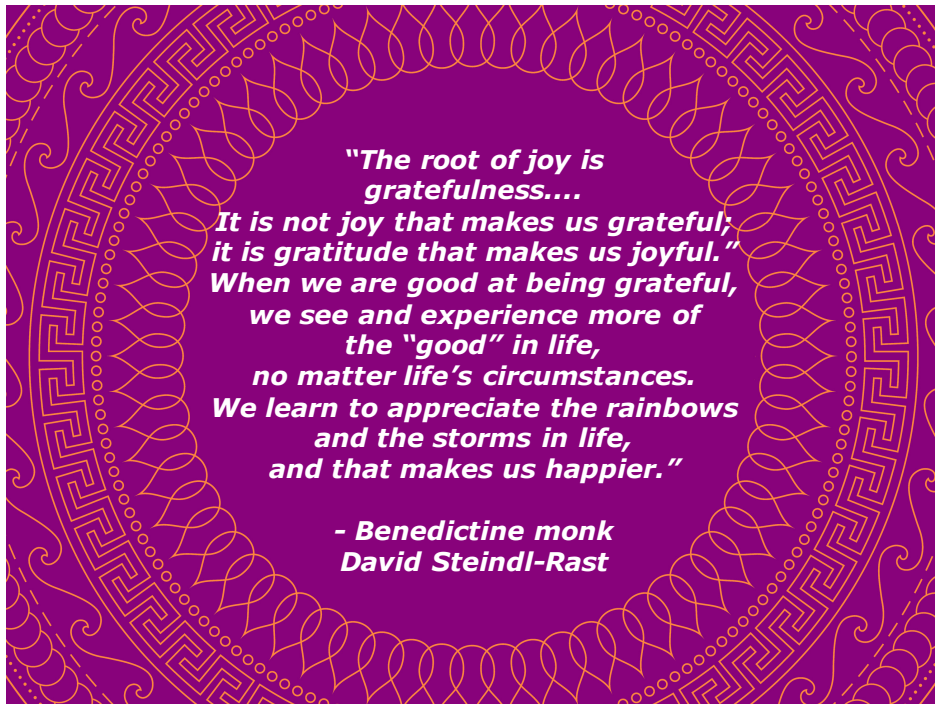


SANTOSHA

CONTENTMENT
SATISFACTION

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TAPAS

HEAT
UPLIFTING DISCIPLINE



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NIYAMA



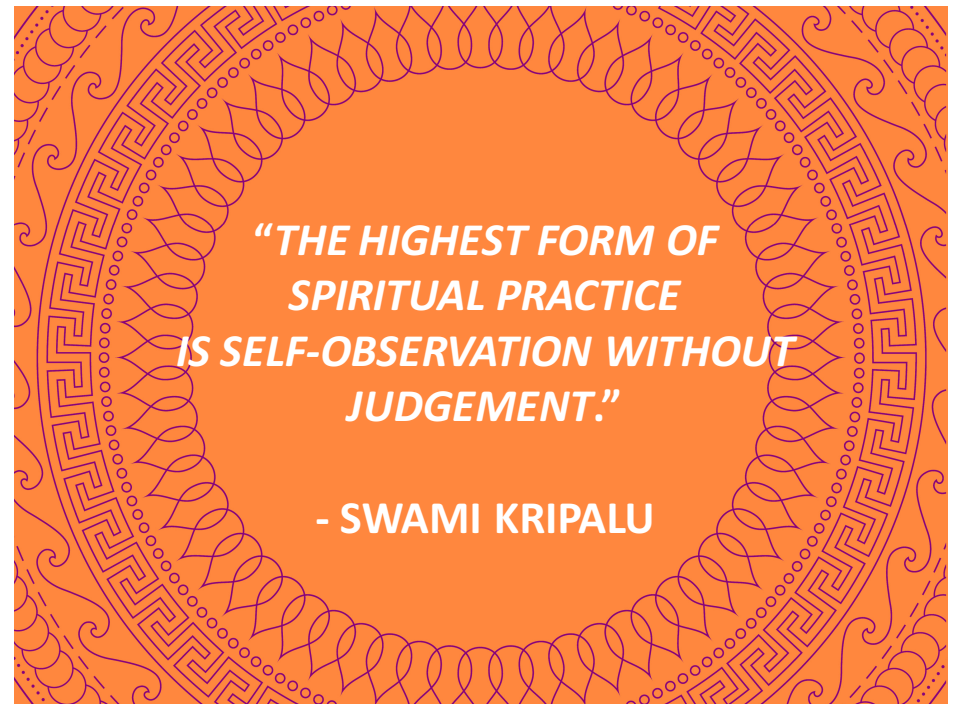
SVADHYAYA

SELF STUDY
SACRED STUDY



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NIYAMA



ISHVARA – PRANIDHANA

SURRENDER
LETTING GO

TRUSTING LIFE
(Tat & Sat)

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RESOURCES



Books specifically on Yamas & Niyamas

The Yamas & Niyamas:
Exploring Yoga's Ethical Practice by Deborah Adele

Yama and Niyama: Ethical Foundations for Spiritual Life
by Nolan Maetreyii, Ph.D.

Books on the Sutras

Meditations from the Mat: Daily Reflections on the Path of Yoga
by Rolf Gates and Katrina Kenison

The Secret Power of Yoga
by Nischala Joy Devi

Yoga Sutras of Patanjali
as interpreted by Mukunda Stiles

The Unadorned Thread
by Salvatore Zambita

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