

The **YAMAS** and the **NIYAMAS** tell us practices to help us do our best yoga! All of them are based on the first Yama: non-violence.

YAMAS

1) Ahimsa: non-violence

Not hurting people with our actions, words and thoughts. Practicing compassion, patience, love and understanding of self and others.

2) Satya: truthfulness

Being honest with our actions, words and thoughts. Knowing its okay to be wrong, not know the answer or not be able to do something. Being with what is right now. Taking responsibility.

3) Asteya: non-stealing

Not taking more then what we need and not taking things that aren't ours. Not being jealous. Practicing being grateful and finding joy in what we have.

4) Brahmacharya: moderation

Practicing control of our body, mind and words. Non-over indulgence. Non-wasting of energy and resources. Creating a strong will and peaceful mind.

5) Aparigraha: non-grasping

Not being overly attached to possessions, people or ideas. Being open to new ideas and changes in our lives. Practicing being generous and sharing what we have.



NIYAMAS

1) Saucha: purity

Purity of mind, body, actions and motivations. Taking a shower or a bath every day, washing your hands, brushing your teeth, keeping your room neat and tidy. Thinking clearly. Cultivating honesty. Communicating well with others.

2) Santosha: contentment

Accepting what is happening right now, even if it isn't what we think we want. Remaining calm when hard things happen. Making the best of any situation. Looking inside ourselves to find happiness – not relying on external things to be happy. Practicing gratitude and joy.

3) Tapas: diligence

Working hard and not giving up. Practicing discipline and focus. Enthusiasm for working towards a goal.

4) Swadhyaya: self-study

Learning about ourselves and the world. Willingness to look truthfully at our own strengths and weaknesses. Cultivating our curiosity and questioning mind.

5) Ishvar Pranidhana: surrender

Dedicating our practice to the benefit of the whole world. Cultivating faith, dedication and patience. Caring for all living things.

