

# *The Yamas*

Avoidances

*Ahimsa- Non Harming*

*Satya- Non Lying*

*Asteya- Non Stealing*

*Brahmacharya- Moderation*

*Aparigraha- Non Hoarding*

# *The Niyamas*

Practices

*Saucha- Purity*

*Samtosha- Contentment*

*Tapas- Self Discipline*

*svadhyaya- Self Study*

*Ishvara Pranidhana- Surrender*