

Yamas and Niyamas

Guidelines for living a fulfilling life, drawn from *Yoga Sutras of Patanjali*.

Yamas

Restraints / Social Ethics

Ahimsa LSEP Non-harming

Do no harm. Behave with kindness, friendliness, compassion, and thoughtful consideration of all beings and things, especially yourself. Practice non-harming in feelings, thoughts, words, and actions.

Satya Truthfulness

Be true to yourself. What is truly meaningful to you? Consider how you can trust those who are honest; the connection is clear, no interference. Practice mindful awareness, being with things as they are.

Asteya LSEP Non-Stealing

Take advantage of no person or situation for personal gain. Stealing can grow from feelings of lack and scarcity; not trusting in a creative and abundant source of energy. Avoid taking more than you need. Honor your talents and commitments; nurture and care for yourself.

Brahmacharya LSEP

Conserving Life Force/Non-Abuse of Energy

Use minimum energy needed to reach maximum result. Be aware of how, where, and when you expend time, energy, and resources. Honor the power of your sexuality and that of others. Create relationships that foster your understanding of the highest truths.

Aparigraha LSEP Non-Greed

Give up belief that your happiness depends on ability to hold onto what you think you own. What are you attached to in daily life? Where do you seek external sources for your happiness and fulfillment?

Niyamas

Observances / Personal Practices

Saucha LSEP Cleanliness/Purity

Maintain cleanliness of body, mind and surroundings, including diet, energetic awareness (uncluttered space at work or home), letting go of toxic relationships, taking in that which elevates consciousness; clarity of intention.

Santosa LSEP Contentment

Practice being comfortable with what you have and what you do not have, until conditions change. Embrace all experiences as opportunities to learn and grow. Peace is within us in all circumstances.

Tapas LSEP Fiery Discipline

Direct our energies to help align with aspirations. Increase the heat/passion that burns impurities through practices that keep your body/mind fit and healthy: proper sleep, exercise, nutrition, fulfilling work, and relaxation.

Svadyaya LSEP Self Examination

Observe, read, study, practice, reflect, review and observe your progress so that you may see yourself more clearly, get to know yourself better. Distinguish between reactions that feel habitual or automatic and responses that sit well in the heart.

Ishvarapranidhana LSEP

Surrender to Something Greater

Align with and receive the grace of being alive. Attune to the all-knowing presence within you and allow that presence to direct your actions.

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