

## **Yamas and Niyamas** **From Patanjali's *Yoga Sutra***

*(Yoga Sutra, Verses 2:30 – 2:34. Circa 2<sup>nd</sup> Century CE)*

*Ahimsa* Nonviolence, Not harming, Not killing Yama

*Aparigraha* Noncovetousness, Not Greedy Yama

*Asteya* Nonstealing Yama

*Brahmacharya* Chastity, Restrained Sexuality Yama

Chastity *Brahmacharya* Yama

Cleanliness of Mind and Body *Saucha* Niyama

Contentment *Santosha* Niyama

Fervor *Tapas* Niyama

*Isvarapranidhana* Surrender to God, Love of God Niyama

Noncovetousness *Aparigraha* Yama

Nonstealing *Asteya* Yama

Nonviolence *Ahimsa* Yama

*Saucha* Cleanliness of Mind and Body, Purity Niyama

*Santosha* Contentment, Satisfaction Niyama

*Satya* Truthfulness, Not Lying, Honesty Yama

Self-Study *Svadyaya* Niyama

Surrender to God *Isvarapranidhana* Niyama

*Svadyaya* Self-Study, Introspection, Wisdom Niyama

*Tapas* Fervor, Heat, Enthusiasm, Effort Niyama

Truthfulness *Satya* Yama