Eight Limbs of Yoga
(Ashtanga Yoga)

1. **Yama = Restraints**
   
The yamas are the means to regain balance in life. They include non-harming, truthfulness, non-stealing, moderation, and non-possessiveness.

2. **Niyama = Observances**
   
The niyamas are practices that lead to wisdom and knowledge of the Self. They include purity, contentment, self-discipline, self-study, and self-surrender.

3. **Asana = Posture**
   
   Asana includes both meditation postures, its primary meaning, and the poses used in hatha yoga to build health and self-awareness.

4. **Pranayama = Control and Expansion of Energy**
   
The breath is used to relax and steady nerves, improve concentration, and expand energy.

5. **Pratyahara = Sense Withdrawal**
   
   Through systematic relaxation the senses are naturally calmed and the mind is lead inward.

6. **Dharana = Concentration**
   
   When the mind rests on its inner object it becomes stable.

7. **Dhyana = Meditation**
   
   When the effort to concentrate can be relaxed and held steady, the unbroken flow of concentration is called meditation.

8. **Samadhi = Self Realization**
   
   Finally, the eternal self alone shines in the mind.