Patanjali's 8 Limbs of Yoga

State of oneness

State of meditation

Intense focus

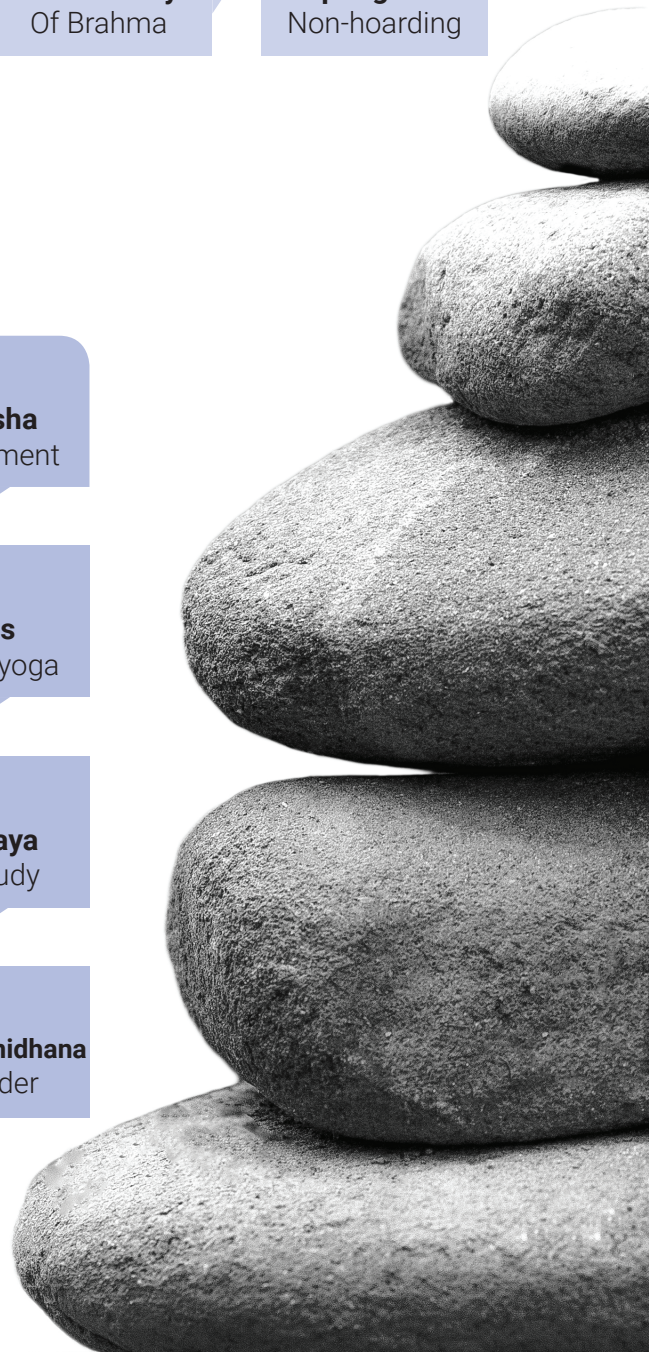
Withdrawal of the senses

Breath

Pose

Restraints

1. **Ahimsa** Non-harming
2. **Satya** Non-lying
3. **Asteya** Non-stealing
4. **Brahmacharya** Of Brahma
5. **Aparigraha** Non-hoarding

Observances

1. **Saucha** Cleanliness
2. **Santosha** Contentment
3. **Tapas** Zeal for yoga
4. **Svadyaya** Self-study
5. **Ishvarapranidhana** Surrender