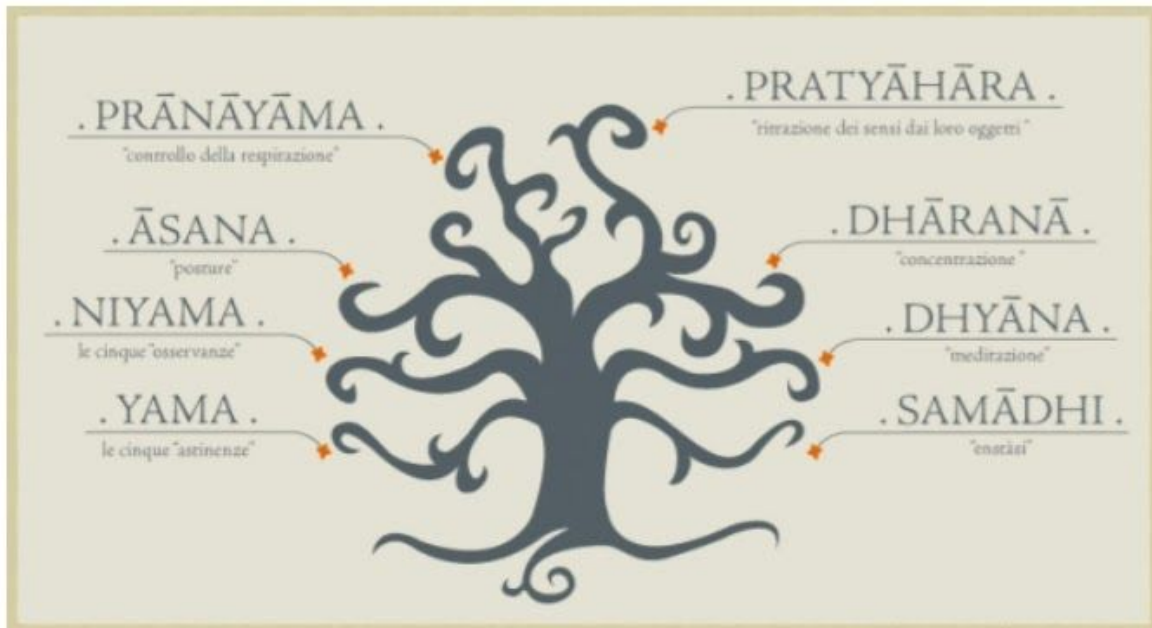


In Sanskrit “Ashta + anga” is Ashtanga. “Ashta” means Eight and “Anga” is limbs so it means Eight Limb path. Ashtanga yoga is based on Yoga Philosophy of Patanjali. It is a specific yoga tradition, but at the same time Ashtanga Yoga can be seen as covering all aspects of yoga within any yoga tradition.

Ashtanga Yoga is often called Patanjali Yoga, referring to Maharishi Patanjali, the ancient author of the famous Patanjali yoga sutras that describe Ashtanga Yoga. Historians place the writing of these scriptures at around 200 B.C., but the original is probably thousands of years older. These teachings belong to an oral tradition, passed on unchanged by memorization of the verses in which their wisdom was captured. More recently (15th century) the term Raja Yoga is also often used instead of Ashtanga Yoga, meaning “royal yoga”.

The 8 limbs of Ashtanga yoga, described as practices



- Yama – the five restraints or the “don’ts”
 - Ahimsa – Non-violence
 - Satya – Truthfulness
 - Brahmacharya – Control of the senses and celibacy
 - Asteya – Non-stealing
 - Aparigraha – Non-covetousness and non-acceptance of gifts

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- Niyama – the five observances or the “do’s”
 - Saucha – Purity, cleanliness
 - Santosha – Contentment
 - Tapas – Austerity
 - Swadhyaya – Self-study, study of scriptures
 - Ishwara Pranidhana – Surrender to God’s will

- Asana – Steady posture
- Pranayama – Control of prana or life force
- Pratyahara – Withdrawal of the senses
- Dharana – Concentration
- Dhyana – Meditation
- Samadhi – Super-conscious state