

8 LIMBS OF YOGA

The eight limbs of yoga coined by Patanjali are Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadi. Each of them play a valuable role in the life of a yogi.

History of limbs?

Define each limb.

Reflect on how the yamas and niyamas can affect your life experience.

What roles do the asanas play in the 8 limbs of yoga?

