

7. Dhyana
Meditation

8. Samadhi
Union

5. Pratyahara
Withdrawal of senses

6. Dharana
Concentration

3. Asana
Movements & Posture

4. Pranayama
Breath

1. Yama
Self restraint

2. Niyama
Observance



THE EIGHT LIMBS OF YOGA



The Philosophy And Practice Of Yoga

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