



The Self COLLECTIVE

Introduction to Yoga Philosophy

Hello Yogi! In this worksheet you will find the basic fundamentals of yoga philosophy and some of the main sutras. Now is your time to question yourself and go inwards.

Meanings:

Yoga originally spelt Yog means the act of joining the soul of a person with their supreme soul.

Sutra- a rule or aphorism in Sanskrit literature.

Patanjali- The sage who wrote the sutras.

Niyama – positive duties/ observances

Yama- recommended habits for healthy living, spiritual enlightenment and freedom of existence.



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The most referred to Sutra's in yoga practice

Sutra 1:2 – Yogas citta-vritti-nirodhah

Yoga is the control of the mind/ stilling the fluctuations of the mind.

Sutra 1.3- Tada drastuh svarupe vasthanam

Then the self abides in its own nature.

Sutra 1.13: Tatra sthitaue yatno bhyasah

Practice means choosing, applying the effort
and doing the actions that bring a stable and tranquil state.

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Eight Limbs of Yoga



1 yamas

5 social ethics

ahimsa - kindness
satya - truthfulness
asteya - nonstealing
brahmacharya - moderation
aparigraha - generosity

2 niyamas

5 personal practices

saucha - purity
santosha - contentment
tapas - austerity
swadhyaya - self-study
iswara-pranidhana - surrender

8 samadhi

pure bliss

Constant complete harmony
of the Self with universe

3 asana

postures

Easy comfortable positions
of the body, connecting
the mind and spirit to
experience stillness
and infinity

7 dhyana

de-concentration

Dropping all the efforts and letting go

4 pranayama

mindful breathing

Honoring the breath to
uncover the light within

6 dharana

concentration

Focus and
attention

5 pratyahara

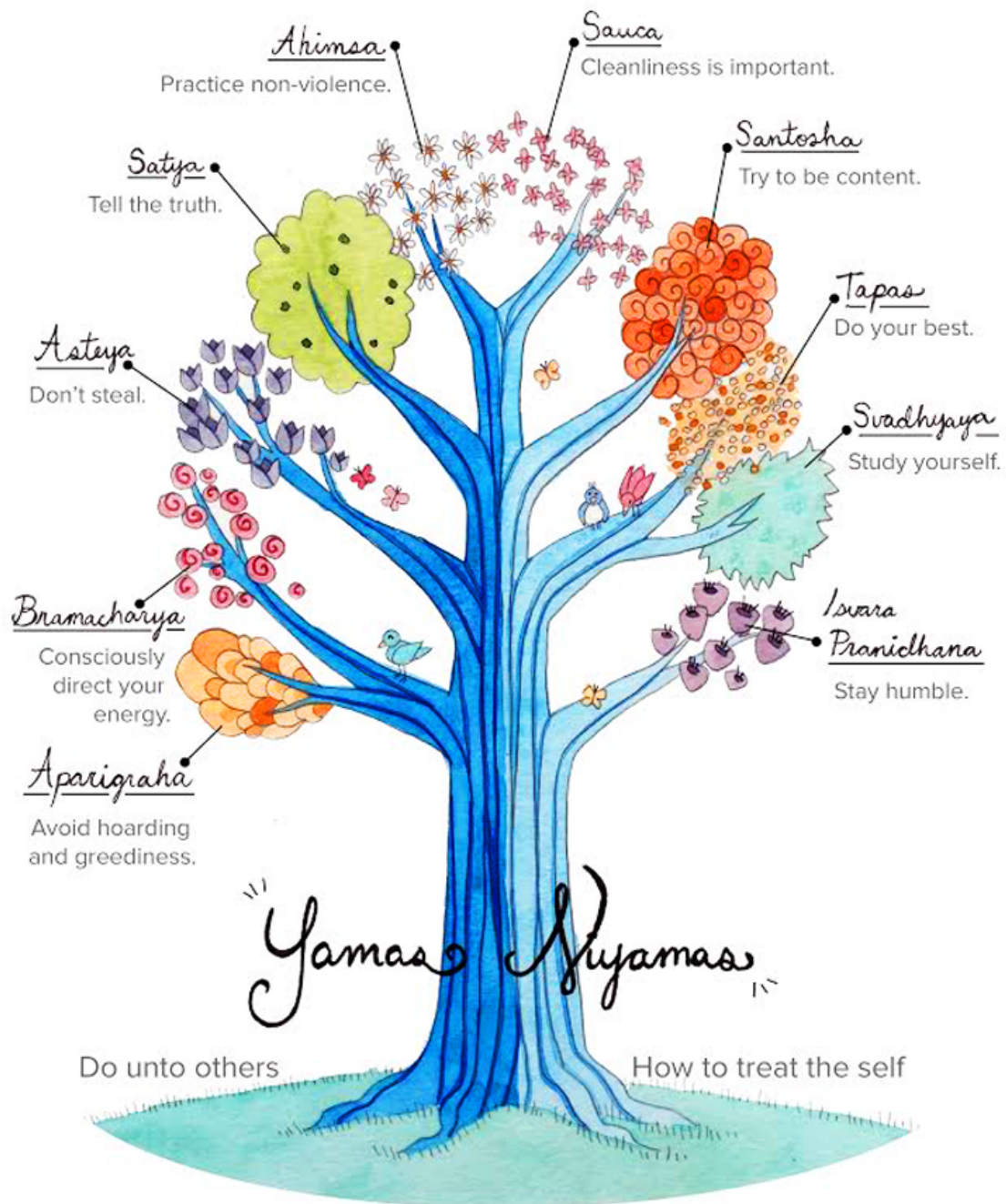
turning inward

Providing alternate 'inner point of attraction'
(like breath, chakra) to the senses to go inward

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Which niyamas/yamas of yoga philosophy can I already say I do?

Which do I struggle with?

Which do I want to master next and why?



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Which do I feel will take more time to adopt?

Which niyamas/yamas do you feel would be your main one?

Think of this as your moto for life maybe what you feel about yourself or others say about you...

Don't forget to print or save this worksheet so you can refer back to it further down your journey! Remember we are constantly growing and transforming- EVERYTHING IS TEMPORARY and Yoga doesn't only have to happen on the mat!

Namaste,

Lys x