

Path of Yoga. 8 Limbs.

1. Yamas

Ahimsa
Satya
Asteya
Brahmacharya
Aparigraha

2. Niyamas

Saucha
Santosh
Tapas
Swadhyaya
Ishwara Pranidhana

3. Asana

4. Pranayama

5. Pratyahara

6. Dharana

7. Dhyana

8. Samadhi

Kaivalya

Satyanarayana