

# The 5 Yamas and the 5 Niyamas

## MORAL AND ETHICAL CODES OF YOGA

### 5 Yamas

1 AHIMSA: non-violence, kindness

2 SATYA: truthfulness, honesty

3 ASTEYA: generosity, sharing what we know and what we have

4 BRAMACHARYA: moderation in *all* things, balance

5 APARIGRAHA: only hold onto necessary possessions, be free from hoarding and the materialistic cravings to acquire for the sake of acquiring

### 5 Niyamas

1 SAUCHA: purity and cleanliness, keeping things in order internally and externally

2 SANTOSA: contentment, accepting the highs and lows of life

3 TAPAS: conscientious effort, making an effort to improve ourselves on all fronts

4 SVADHYAYA: learning about ourselves, the process of attaining self-knowledge

5 ISVARA PRANIDHANA: self-surrender of the ego and dedication to divine will, being open to following guidance from a power greater than oneself