

# YOGA ETHICS

## FROM PATANJALIS SUTRAS

A WAY TO LIVE ETHICALLY AND BRING YOURSELF INTO A STATE OF INTEGRATION

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### YAMAS

Ahimsa	Harmlessness, non-violence, consideration.
Satya	Truthfulness, honesty, right communication
Asteya	Non-stealing, not using things or people mis-appropriating
Brahmacharya	Moderation, a balanced attitude in life
Aparigraha	Non-greed, acceptance of what is appropriate

### NIYAMAS

Saucha	Purity, cleanliness within and without
Satya	Contentment, non-comparison
Tapas	Effort, a burning desire
Svadyaya	Self-study, study of spiritual work
Ishvara Pranidhana	Worship, reverence and surrender to a Higher Intelligence.

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