

# What is YOGA?

- Yoga Sutra

YOGA CHITTA VRITTI NIRODAH

## The eight limbs of YOGA

1. YAMA -

- 
- 
- 
- 
- 

2. NIYAMA -

- 
- 
- 
- 
-

3. ASANA

4. PRANAYAMA

5. PRATYAHARA

6. DHARANA

7. DHYANA

8. SAMADHI