



International Yoga Teacher Training Academy

ASHTANGA INTRODUCTION

8th LIMBS OF YOGA



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"AWARENESS"

MAKE SURE THAT YOU CARRY NO RESISTANCE

NO hatred, no negative energy

Live to "Have no enemies"

Leaving un-resolved worries will only
catch up with your past trail of sad
destruction,

Turn bad energy into Positive.

Respect people's personal space
and they will love you for who you
are alone.





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"CHANGE"

REAL FREEDOM IS LIFE IN ITS PUREST FORM

IT is felt not as a passing by experience but also as strong presence. It is to be who you are, to feel within you the good that has no enemy to experience the joy of just simply "Being" that depends only on your inner-self.

Loneliness is the first test. See if you can survive the darkness solitude only after this will you then be able to see your life through 3 eyes, instead of 2.





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Ashtanga Introduction

In the **pursuit of a serene and joyful life**, we contemplate the essence of existence. Beyond possessions and achievements, fulfillment thrives in engagement and **personal contentment**.

As night falls, **introspection arises**. Does tranquility embrace your slumber, or is negativity's cacophony, **echoing anger and bitterness**, clouding your thoughts?



In life's tumultuous journey, **amidst demands and conflicting voices**, we often struggle to **break free from self-imposed promises** and escape draining jobs. The **true adventure lies in acquiring the skill to shape our attitude, thoughts, and actions**, unlocking the potential for **profound personal transformation**.



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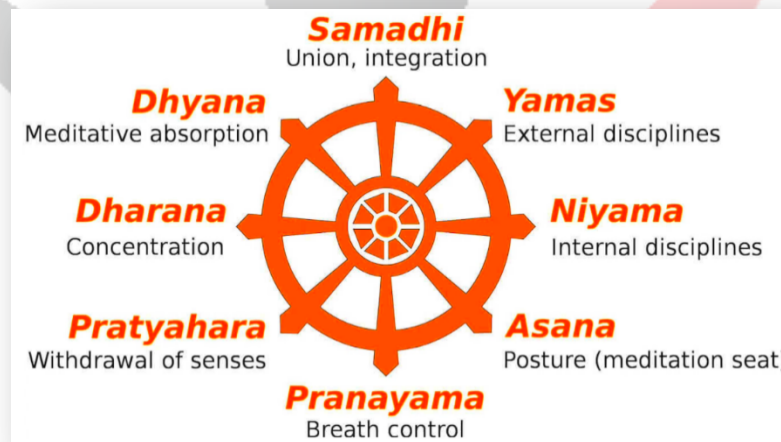


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Patanjali Ashtanga Yoga As A Rescue

Achieving success requires a life of integrity, cultivating a clear conscience, unbreakable will, and the ability to manifest necessities, including wisdom for wise decisions. Explore the transformative power of Patanjali Ashtanga Yoga, a guide to right living through its eightfold path, known as the eight-limbs of Yoga.



Ashtanga Yoga, derived from Sanskrit's "eight-limbed," guides practitioners on a transformative journey toward Samadhi, the ultimate yoga state. Devotees weave a union of mind, body, and spirit in their yoga practice, aligning with the ancient wisdom of this holistic path.



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Patanjali's Eight-Limbed

Patanjali's eight-limbed path guides yogis toward a balanced life, promoting integrity, **self-discipline**, and spiritual exploration. Defined in the Yoga Sutras, the path encompasses **Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhaya, Ashtau Angani.**

Embracing these teachings fosters nobility, compassion, and lasting joy, culminating in **liberating self-discovery** and unwavering inner peace. True yogis measure their happiness by **sustained gratitude** and **resilience amidst external challenges.**

 YAMAS Down with OP		 NIYAMAS Check yourself	
1 AHIMSA <i>(non-harming)</i>	Be kind.	1 SHAUCHA <i>(purity)</i>	Clean the slate.
2 SATYA <i>(truthfulness)</i>	Be honest.	2 SANTOSHA <i>(contentment)</i>	Be accepting.
3 ASTEYA <i>(non-stealing)</i>	Be generous.	3 TAPAS <i>(discipline)</i>	Commit to what's important.
4 BRAHMACHARYA <i>(temperance)</i>	Respect boundaries.	4 SVADHYAYA <i>(self-study)</i>	Be a student of your own experience.
5 APARIGRAHA <i>(non-possessiveness)</i>	Be ok with imperfection.	5 ISVARA PRANIDHANA <i>(self-surrender)</i>	Know when to let things go.

Yamas And Niyamas

Yamas and Niyamas guide us to view yoga as a lifestyle, transcending mere mat sessions. When integrated into every aspect of life, each moment transforms into **Sadhana**—a spiritual practice that goes beyond the confines of a rectangular mat, **emphasizing the holistic nature of yoga as a way of being.**



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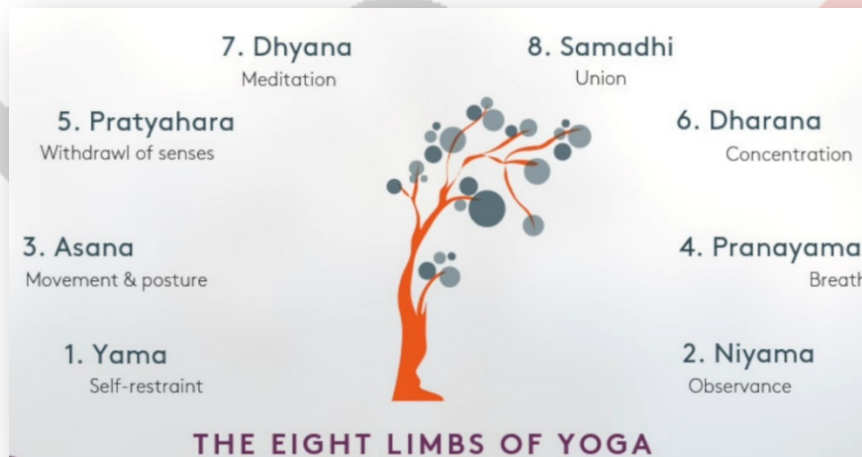
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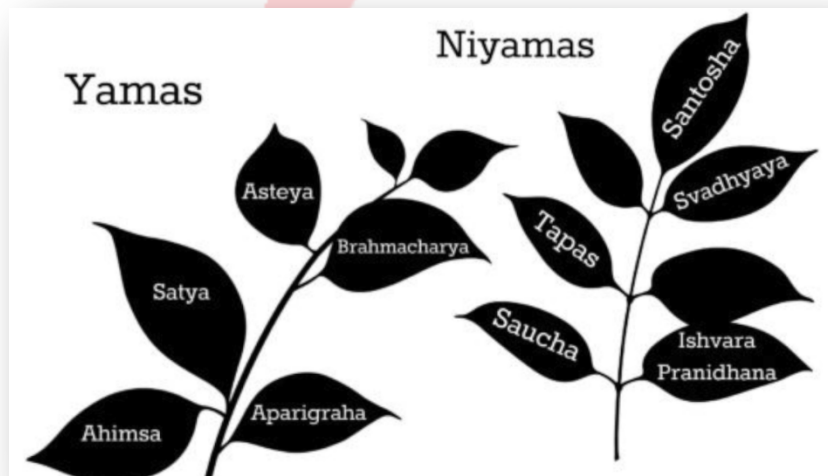




These **vital components infuse vitality into our practice**. Devoid of them, the remaining eight limbs—**Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi**—lose their essence, rendering them ineffective, hollow, and **monotonous techniques**.



The **Yamas and Niyamas** form the bedrock of our yoga journey, extending beyond physical postures. **Integrating on-and-off mat practices involves embracing the ethical principles** outlined in these guidelines, **shaping our thoughts, actions, decisions, and interactions**. These principles guide us in fostering focus and purpose in our **daily lives and yoga practice**.





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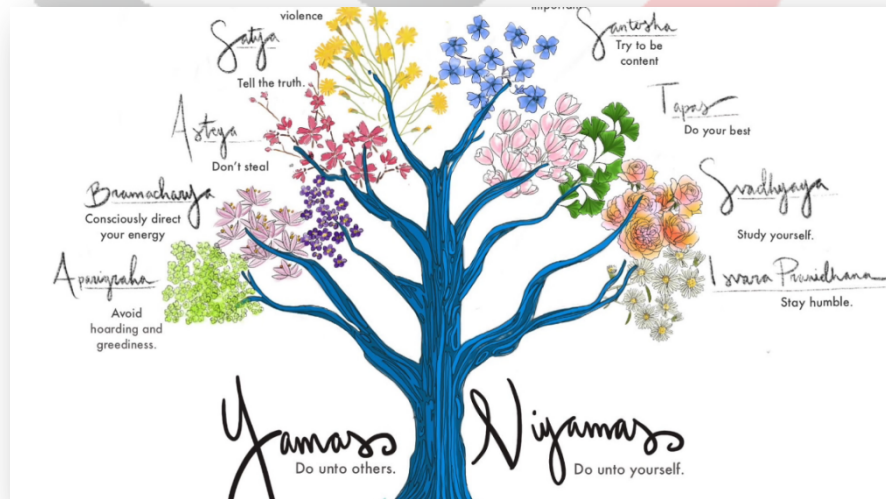


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The Yamas and Niyamas form the bedrock of yogic philosophy, transcending mere physical postures.

Yoga is a holistic lifestyle, fostering heightened awareness of both body and mind. **This ancient system serves as a roadmap**, guiding practitioners through a step-by-step journey of self-discovery and providing insight for **navigating life's unfolding landscapes**.



Empower your life by embracing Yama's profound meaning. Take charge and steer towards fulfillment. **Delve into the essence of Yama to unlock the secrets of self-ownership.**

Yama

Yama, often defined as restraint or moral discipline by Patanjali, emphasizes universal vows, **transcending backgrounds and situations**. Upholding morality can be challenging, underscoring its vital role in yoga. **Yoga, meaning unity, extends beyond class mindfulness**; its true benefits emerge when integrated into our daily lives with mindful, **gentle presence**.

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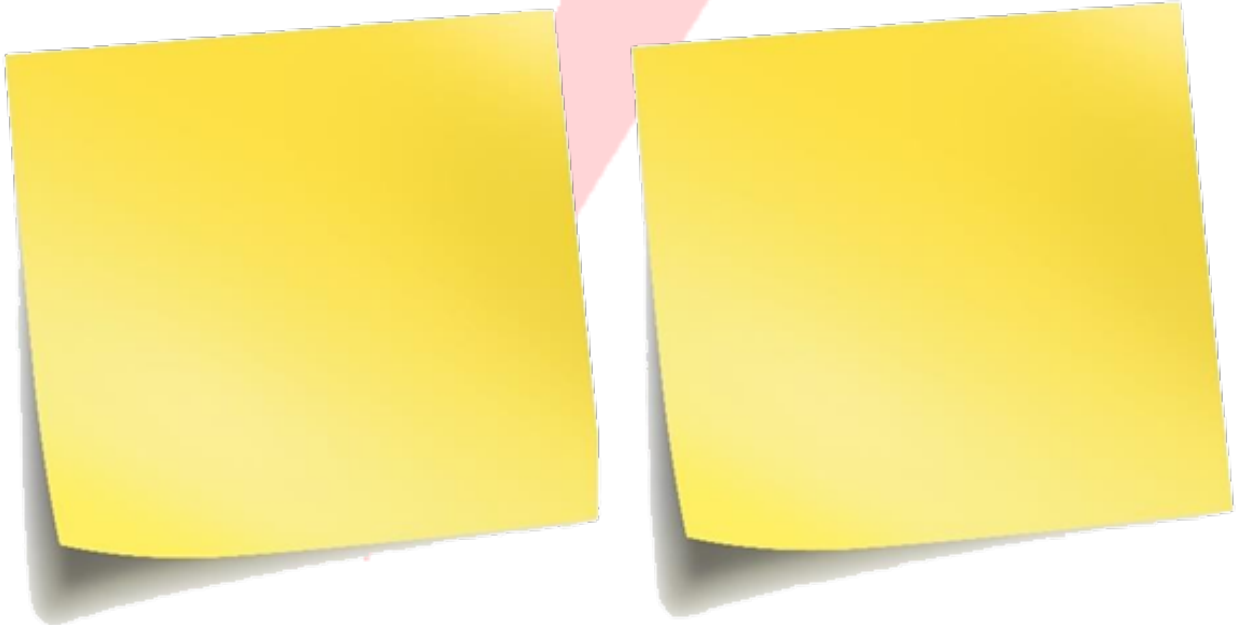
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The **Yamas** serve as a traditional guide for practice, addressing our interaction with the world and offering insights into self-conduct. **Patanjali's Sutra in Chapter 2, Verse 30**, lists a total of five Yamas, providing valuable principles for both external and **internal behavior**.

अहिंसासत्यास्तेयब्रह्मचर्यापरिग्रहा यमाः AHIMSA-SATYA-ASTEYA-BRAHMACHARYA- APARIGRAHA YAMAH

PATANJALI YOGA SUTRA
CHAPTER NO. 2, VERS. NO. 30

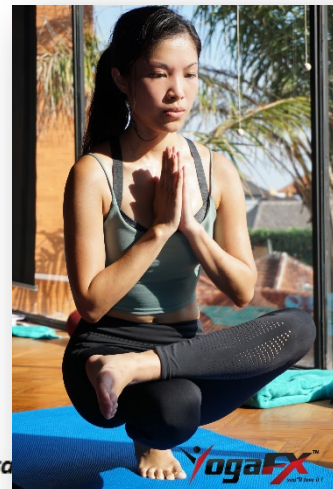
Guided by the principles of Ahimsa, Satya, Asteya, Brahmacharya, and Aparigraha, our daily practice aligns **with non-harming**, truthfulness, non-stealing, celibacy, and **non-greed**.

Both on and off the yoga mat, embracing these values cultivates authenticity in our thoughts, decisions, and actions, **elevating us to a more conscious and enlightened state**.

Niyama

Niyama, translating to positive duties or observances, **signifies recommended habits for both health** and spiritual well-being. These practices primarily focus on personal development, **impacting not only our inner selves** but also influencing the external world.

Embrace these traditions for a harmonious and spiritually enriching life.



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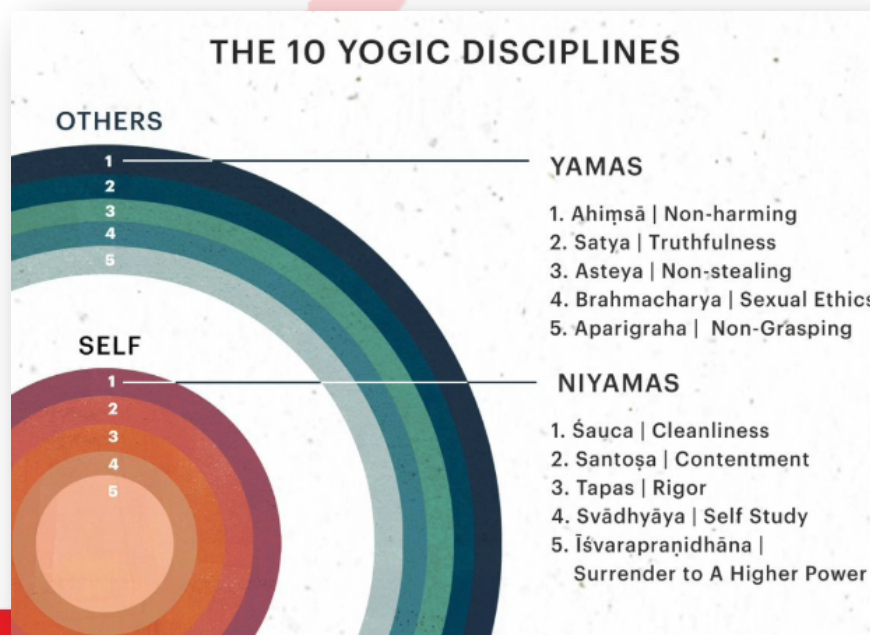
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In Patanjali Sutra 2:32, discover the five Niyamas: Saucha (cleanliness), Santosha (contentment), Tapas (austerity), Svadhyaya (self & text study), and Isvara Pranidhana (contemplation of higher power). Embrace these ancient principles for a fulfilling yogic journey.



Iyengar portrays the Yamas and Niyamas as golden keys unlocking spiritual gates, transforming actions into expressions rooted in our profound and interconnected selves.





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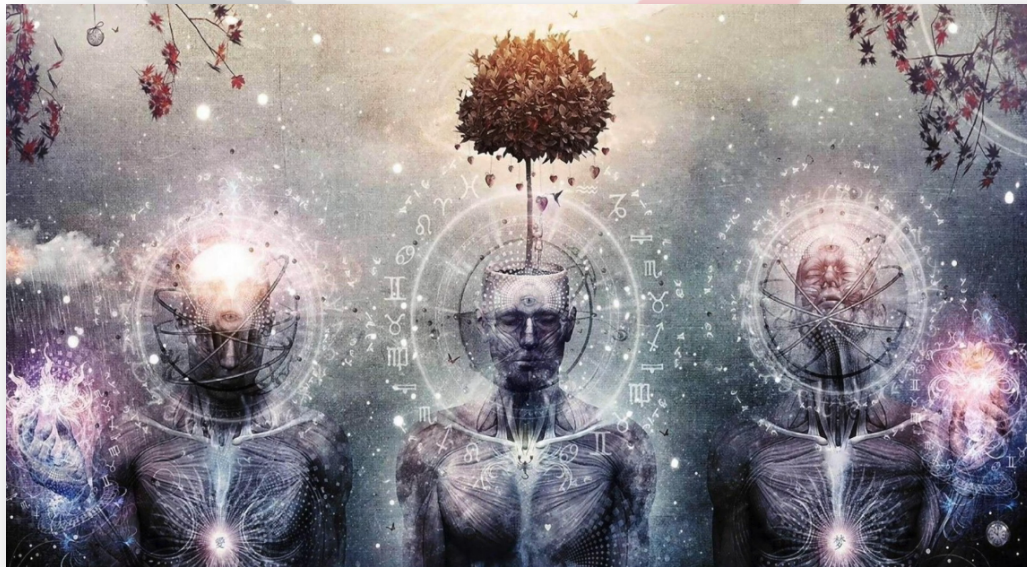
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Regardless of **one's spirituality or yoga practice**, these avenues offer self-improvement and **contribute to a better world**.

True yoga extends beyond the mat, shaping not only our bodies but also our minds and hearts.

This holistic approach brings us closer to wholeness, connectedness, and unity, transforming yoga from a mere practice to a way of life.



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"SURRENDER"

WHATEVER PRESENT LIFE MOMENT IS NOW

ACCEPT it as if you chose it
because your person that makes
your own choices in life don't
blame others for your ignorance.

Always "work with life facts" not against
them, make your current reality
your best friend.

Don't make facts your enemy.
Truth finds all sins don't risk suffering.

When you accept your "Now" you will
transform into a more complete
humble simple Spirit.





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