

THE MAP OF YOGA (ALL 8 LIMBS)

FREE SPIRIT YOGA AND PILATES
JULIE SHIELDS
13354 237 a. St. Maple Ridge, B.C.
V4R 2V9
604-463-0346 or cel 604-807-7512
Email: JULIA@freespiritryoga.ca

ALL 8 LIMBS ASTANGA YOGA. RAJA YOGA (THE LAST 3)

1. YAMA'S (don'ts) includes our contract with the world. What goes around comes around, what we put out comes back.

*ahimsa harmless ness in thought, word and deed

*satya truthfulness in thought, word and deed

*asteya giving others their due

*aparigraha sharing with others

*brahmacharya chastity of mind that allows grace to be ever present in our lives. Control of carnal desires and passions.

2. NIYAMA'S (do's) includes our contract with ourselves.

*saucha coming clean with our thoughts and actions (no more victim)

*santosa giving it our best and then being content with the results of our actions

*tapas cultivating healthy living habits that give us energy rather than wear us out

*svadyaya reading, learning, chanting, etc of inspirational material

*isvarpranidhana understanding that everything happens for a reason and it is in our best interest

3. ASANA yoga postures. Keep us grounded and healthy in the face of a demanding material plane. They begin the process of reclaiming our body from the emotional patterning and energy leakage.

4. PRANAYAMA EXPANSIVE BREATHING TECHNIQUES. Increase the energy (prana, spirit) in our body.

5. PRATYAHARA returning to our center. Using meditative techniques that return us into our body, in a feeling way.

6. DHARANA being absorbed in our meditative techniques

7. DHYANA meditation. Self awareness increases so that we are able to differentiate between ourselves, the object of our meditation and the observer.

8. SAMADHI (BLISSFULNESS) when ourselves, our meditative technique and our observer become one we experience feeling of bodily bliss.