

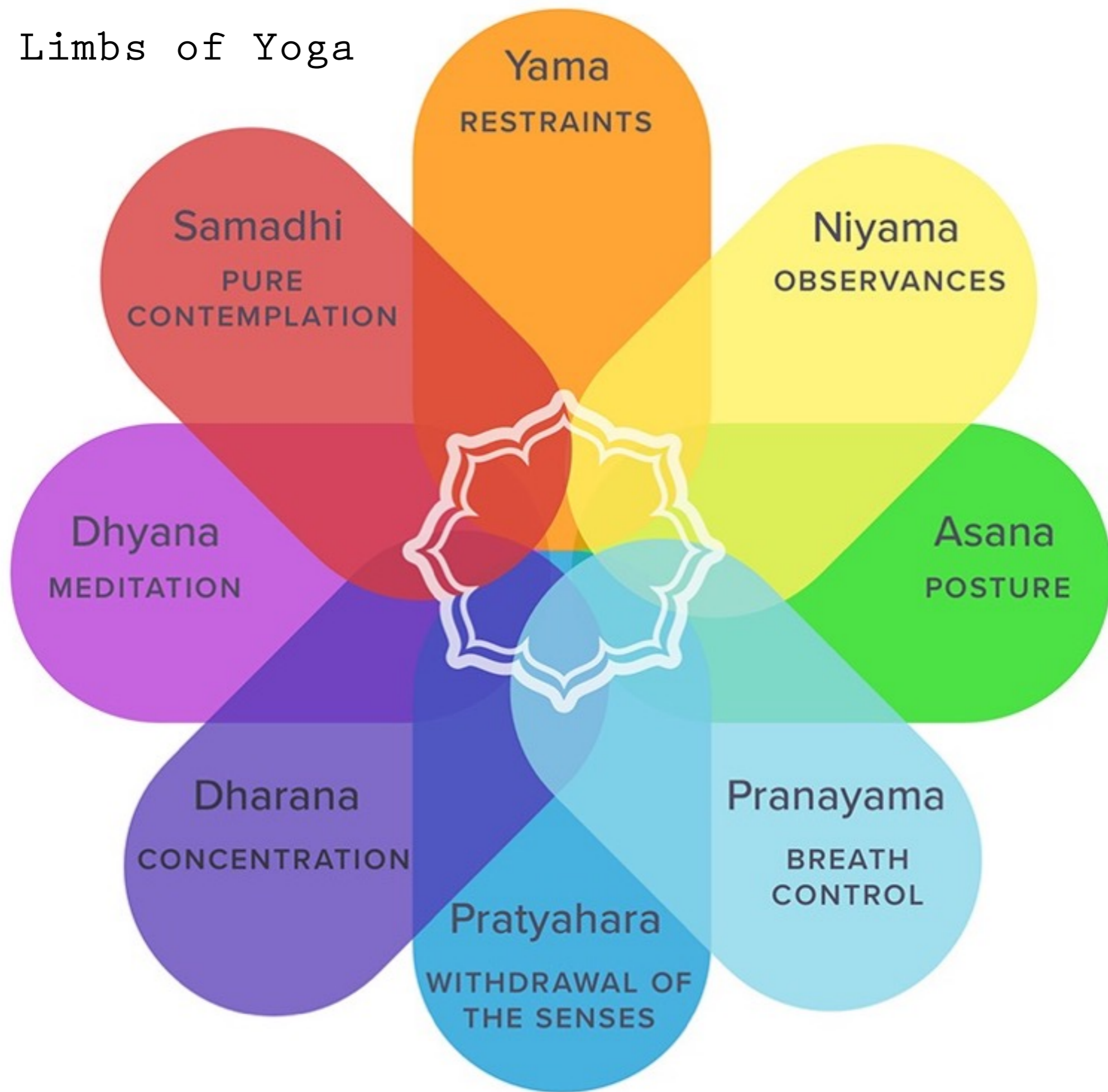
THE YAMAS AND NIYAMAS

YOGA ESSENTIALS WORKSHOP

WHAT IS YOGA?

- ‘Yoga is the journey of the self, through the self, to the Self.’ - Bhagavad Gita
- **Yoga** = Yoke = Union, connection, to come together.
- To tie the strands of the mind together
- What does Yoga mean to you?
- How did you start your yoga journey?
- How has it shifted over time?

The 8 Limbs of Yoga



YAMA - Moral Restraints

- Yama = Refers to **vows, disciplines** or practices that are primarily concerned with the **world around us and our interaction with it.**
- **The Dont's!**
- **Ahimsa** - Non Violence, Non Harming to yourself and others.
Thoughts, words, actions.
- **Satya** - Truthfulness. Honesty in thoughts, words and actions.
- **Asteya** - Non stealing
- **Brahmacharya** - Right Use of Energy
- **Aparigraha** - Non attachment. Let it go!

Ahimsa

Non Violence

- The word 'ahimsa' literally means not to injure or show cruelty to any creature or any person in any way whatsoever.
- What we do and how we do it, is done in harmony, rather than harm. All thoughts, words, actions come from this place.
- **On the mat:** Let go of negatively thinking of your body - accept completely. Don't push yourself past your limit and hurt yourself. Rest when you need to.
- **Everyday life:** Being mindful of your thoughts. Your thoughts have a bigger impact than you can imagine. Look after your health physically, mentally, emotionally. What you do, eat, listen to, watch, what you think.
- "Lokah Samasta Sukhino Bhavantu". May the whole world be full of peace and happiness. May my thoughts, words and action contribute to this for all in this world.

Satya

Truthfulness

- Honesty in your thoughts, words and actions to yourself, others, your relationships.
- **Integrity** - doing something when you say you will and delivering what you say you will.
- Being **authentic** and true to you and your values.
- **On the mat:** Being completely honest with how you're feeling every time you step on your yoga mat.
Honesty about what you need in that present moment. Rest or flow?
Not doing anything unless it is true to you and makes you feel good.
- **Everyday life:** Are you being honest and truthful to yourself or are you hiding from the truth? Do you bend the truth to make somebody else happy and leave you feeling like you've lied to yourself?
- “Before you speak, ask yourself; Is it true? Is it kind? Is it necessary? Does it improve on silence?”

Asteya

Non Stealing

- Not taking time, energy, possessions from others or thinking that you are deserving of something more.
- The Root cause of Asteya is "I am not good enough as I am."
- The moment we feel a sense of 'lack' in our life - desire, want and greed arises
- **On the mat:** Time - arriving late is essentially robbing yourself of a full practice and robbing others of a sacred uninterrupted space.
Pushing yourself because you feel you're not good enough means that you're robbing yourself of a sustainable healthy yoga practice.
- **Everyday Life:** Stealing time, energy, possessions from yourself and others.
Attitude of Gratitude helps - Thank you, thank you, thank you!
- "Asteya asks that we take only what is offered and use only what we need."
- "I am enough. I have enough. I do enough."

Brahmacharya

Correct use of energy

- Traditionally meant Celibacy / Chastity. To save yourself and your sexual energy so you are able to move closer towards the higher powers.
- **Modern Day meaning:** Sustaining your energy, using your energy in the best way that serves you and not depleting yourself of energy.
- In all areas of our life, how we spend our time, working, relationships, responsibilities.
- **On the mat:** Move in a way that gives you energy. Poses that your body, breath and mind feel at ease and energised in. Rest when you need to, flow and challenge yourself when you feel it will give you energy.
- **Everyday life:** Only doing things, spending time with people that give you energy and fills up your tank.
- Listen to your body, stay in touch with your boundaries and don't let any body or any thing deplete you.
- Who/what gives you energy? Who/What depletes you?
- 'Brahmacharya is to move towards the Source. The practice occurs when we become intentional about where we choose to spend our energy.'

Aparigraha

Non Attachment

- Teaches us to only take what we need, keep only what serves us in the moment and to let go when the time is right.
- Let it go - surrender.
- **On the mat:** Let go of comparison, judgement, expectation and go with the flow. Practice for the love of moving and connecting to your body, mind, soul.
Observe what pressures you are putting on yourself and can you create more space by letting go?
- **Everyday Life:** Clean out clutter - Spring clean anytime! Create space in your environment and your mind. Detach yourself from your belongings and notice how much more freedom and space you have in your life.
Let go of control, let go of the outcome, let go and surrender to the powers of the universe.
- Parinamaveda - The yogic idea that everything is in a state of content change and flux. The only constant is change.
- “Holding on to anything is like holding on to your breath. You will suffocate. The only way to get anything in the physical universe is by letting go of it. Let go and it will be yours forever.” - Deepak Chopra

NIYAMA - Personal Self Care

- Niyama = **Rules or laws for oneself.** They take you on a journey of self.
- The Do's!
- **Saucha** - Cleanliness / Purity
- **Santosha** - Contentment
- **Tapas** - Self Inner Discipline
- **Svadhyaya** - Self Study, observation, reflection
- **Isvara Pranidhana** - Surrendering to and trusting a higher power

Saucha

Cleanliness / Purity

- Cleanliness of the body/mind and soul and surroundings.
Thoughts, words, actions, energy, food, surroundings.
- Cleaning ourselves of the impurities and negativity we have picked up along our journey.
Anything that is clouding our pure divine light within us.
- **On the mat:** Keep it clean, props organised, come showered, hygiene, so your mind can settle and be clear.
Chanting 'Om' at beginning and end of the practice cleanses the energy in the room and keeps it sacred.
Thoughts on the mat during your practice. Non judgemental, kind, compassionate.
- **Everyday Life:** Obvious hygiene. Clean your environment as it affects your energy.
Watch your thoughts and how it affects every part of your life.
When your surroundings are cluttered, notice how you feel. How your mind is? Clean it up, create space, freedom and flow.
Clean lifestyle.
- "The Body is your temple. Keep it pure and clean for the soul to reside in." - B.K.S Iyengar

Santosha

Contentment

- Santosha encourages us to accept and appreciate what we have and what we are, right now.
- “I’ll be happy when / if...” is a common killer of Santosha.
- The Bhagavad Gita teaches us not to look outside of ourselves for happiness, but to realise that peace and happiness lies within.
- Look for the silver lining even when things are tough. This is when the practice of Santosha is welcomed even more. Being appreciative of the challenges in our life and how we evolve.
- **On the mat:** Be content with you. Set the intention to appreciate yourself, for what you are, how far you’ve come and all that you have to look forward to.
- **Everyday life:** Do not wait for happiness. You have everything you need right now within you, so get out there and do whatever it is you’ve been waiting to do until you’re ‘good enough’, because you already are.
- Practice Santosha by practicing Gratitude - What are 3 things you are grateful for?
- “Be content with what you have, rejoice in the way things are. When you realise there is nothing lacking, the whole world belongs to you.” - Lao Tzu

Tapas

Self Discipline

- The word Tapas is derived from the root Sanskrit verb 'tap' which means 'to burn', and evokes a sense of 'fiery discipline' or 'passion'. Tapas can mean cultivating a sense of **self-discipline, passion and courage** in order to burn away 'impurities' physically, mentally and emotionally and pave the way to our true greatness.
- Doesn't have to be serious, but gets our heart pumping, excited and ready and raring to move forward towards our dreams and goals.
- **On the mat:** It will mean something different to different people.
Having strength or determination to achieve a certain goal pose, or stepping on your mat even when you don't feel like it. Knowing that you will feel great even with 10 minutes of gentle asana and breathing.
Having the discipline to get out of your head and negative thoughts and connect into how you feel.
- **Everyday life:** Where in your life do you need a little more discipline? Sticking to a goal or intention that makes you feel good. Keeping yourself accountable. Having a little more determination, motivation and passion in your life.
- "Your ability to listen to and take action based on your inner voice - regardless of how you feel, other influences or temptations you face - is the key to self mastery."

Svadhyaya

Self Study/Reflection

- Practicing self reflection, observation and study of the self makes us more aware of the things we do that harm us, plus the things that serve us, bringing us in closer contact with our true self.
- Svadhyaya also encourages us to further educate ourselves in whatever inspires and fascinates us, deepening our own knowledge.
- **Self observation is the key to understanding who we truly are. It gives us the power to convert old, harmful behaviour into new, helpful action. The ultimate goal is complete self knowledge with the realisation that we are a changing outer shell surrounding a pure, unchanging, inner light of awareness.**
- **On the mat:** Observe your thoughts, where they go, any repetitive thoughts, what triggers you, how your breath flows. Studying our habits on the yoga mat can go a long way towards recognising our habits off the mat too. The way in which we practice yoga is actually very reflective of the way we practice life.
- **Everyday life:** Take time each day to reflect on your thoughts, words, actions. Daily Journaling.
- “ I have been a seeker and I still am, but I stopped asking the books and the stars. I started listening to the teachings of my soul.” - Rumi
- “Yoga is the journey of the self, through the self, to the self.” - The Bhagavad Gita

Ishvara Pranidhana

Surrender to and trust the Higher Power

- The hardest one of them all!
- Think of it as more of an 'opening up to what is', and remaining open to experiencing life as it unfolds, instead of fighting against life's twists and turns. Remaining fixed and rigid in our conditioned patterns, habits and limitations only leads to a limited life. Surrendering is hugely challenging, because it means moving past the ego, and the ego will do everything it can to hold on to some control.
- **On the mat:** Surrender to your practice. Show up, do your very best in every situation and let go of the outcome. Surrender to the challenge, soften and surrender to what ever it might be. Realising this allows us to fully engage and be present to what we are doing , bring all of our energy to the present moment and experiencing it fully for what it is.
- **Everyday life:** Whether it's surrendering to a moment of difficulty or a moment of joy, surrendering the results of our actions, or simply learning to trust in the universe a little more; each time we do choose to surrender, we move closer to freedom. What can you surrender to? Or allow to flow through your life?
- "Change is the essence of life; be willing to surrender who you think you are for what you could become."
- "Surrender - giving up what we think should be happening for what is actually happening." - McCall Erickson

Keep in touch

For inspiration head to my instagram page:
[@phoebecollinsyoga](#)

Thank you for being here this weekend!