

The 8 limbs of yoga (**Ashtanga**) are a step-by-step framework outlined by the sage Patanjali in the [Yoga Sutras](#) to guide moral living, physical health, and spiritual enlightenment.

1. Yamas (Ethical Standards): Universal moral rules and restraints regarding how we interact with the outer world.

2. Niyamas (Personal Observances): Inner disciplines and self-care practices, including purity (*saucha*), contentment (*santosha*), self-discipline (*tapas*), self-study (*svadhyaya*), and non-violence (*ahimsa*).

The Yamas and Niyamas serve as an ethical compass for modern life, offering practical guidelines for external social behavior and internal self-discipline. By practicing these ten principles; such as non-violence, truthfulness, contentment, and self-study; we can successfully navigate modern digital burnout, have healthier relationships, and discover lasting inner peace amidst today's chaotic consumer culture.

3. Asana (Physical Postures): The physical yoga poses practiced to build strength, flexibility, balance, and a steady, comfortable seat for meditation.

4. Pranayama (Breath Control): Techniques for regulating the breath and life-force energy (*prana*) to calm and steady the nervous system.

5. Pratyahara (Sense Withdrawal): Turning the attention inward and detaching from external sensory distractions and stimulation.

6. Dharana (Concentration): Training the mind to focus single-pointedly on a single object, breath, or point of meditation. (this is where “drishti” comes in. Where is your focus? (do a breath awareness meditation)

7. [Dhyana](#) (Meditation): An uninterrupted, fluid state of contemplation where the mind remains focused without constant effort. A state of flow. The object and the subject disappear. Feeling connected with everything.

8. Samadhi (Enlightenment/Bliss): The final stage of complete integration, inner stillness, and a deep realization of oneness with the universe. And we can think of how separation can cause suffering.