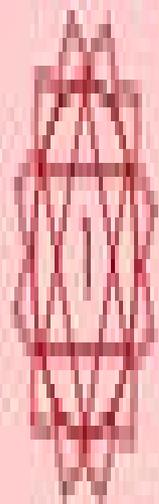


The eight limbs of Yoga

yama

external discipline



ethical rules

niyama

internal discipline



ethics and observances

asana

postures



postural practices for relaxation

pranayama

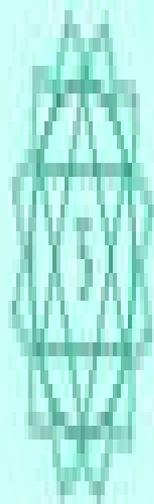
breath control



breathing techniques

pratyahara

withdrawal of senses



self-attention and disconnection

dharana

concentration



one-pointed focus

dhyana

meditation



flow of awareness

samadhi

union with the divine



transcendent union

Patanjalis Yoga System

RS Peters



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