



The Eight Limbs of Yoga

Limb	Standard Interpretation	Contemporary Interpretation
1. Yamas	Rules of conduct	<i>Spontaneous evolutionary behavior of conscious beings</i>
2. Niyama	Rules of personal behavior	<i>The internal dialogue of conscious beings</i>
3. Asana	Physical postures	<i>Mind-body integration</i>
4. Pranayama	Breath control	<i>Neuro-respiratory integration; awareness and integration of the rhythms, seasons, and cycles of our lives</i>
5. Pratyahara	Control of the senses	<i>Turning into our subtle sensory experiences</i>
6. Dharana	Mind control	<i>Evolutionary mastery and expression of attention and intention</i>
7. Dhyana	Meditation	<i>Resonating at the junction point between the personal and the universal</i>
8. Samadhi	Absorption	<i>Settled in pure awareness; the progressive expansion of the self</i>