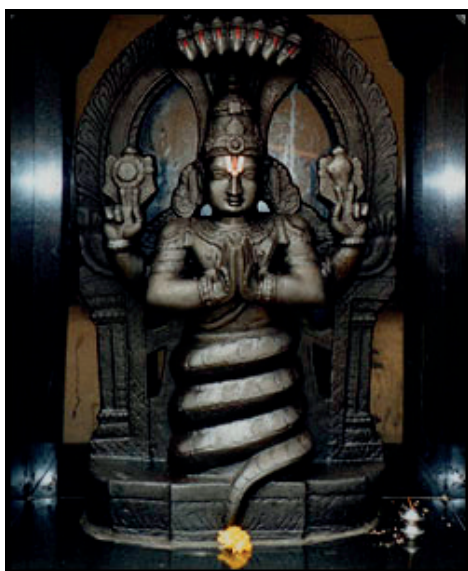


# PATANJALI'S 8 LIMBS OF YOGA YOGA AS A WAY OF LIFE

*Vrnda Leier*



<b>YAMAS</b>	<b>Universal Guidelines</b>	<b>(week of)</b>
Ahimsa	non-violence	January 18
Satya	truth	January 25
Asteya	non-stealing	February 1
Brahmacharya	continence	February 8
Aparigraha	non- hoarding	February 15
<b>NIYAMAS</b>	<b>Personal Disciplines</b>	
Sauca	cleanliness	February 22
Santosha	contentment	March 1
Tapas	discipline	March 8
Svadyaya	self-study	March 15
Ishvara-Pranidhana	surrender	March 22

## CLASS SCHEDULE - All Levels

### Ashland Yoga Center

#### Sunday

9:00 am

6:00 pm *Restorative Stress Relief*

#### Monday

5:45 - 7:15 pm *Postural Yoga*

No class Feb 2nd

### Yoga SOULutions 801 Forest Street

#### Tuesday

10:45 am

#### Thursday

10:45 am *Restorative Stress Relief*

#### SUGGESTED READING:

Tree of Yoga`

Living Your Yoga

[www.judithlasater.com](http://www.judithlasater.com)

The Yoga Sutras of Patanjali

The Heart of Yoga

Yoga Life: 10 Steps to Freedom

\* A journal is helpful.

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