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ASHTANGA YOGA

(The Eight Limbs Of Yoga)

The word Ashtanga is comprised of two Sanskrit words, “Ashta” and “Anga.” “Ashta” refers to the number eight, while “Anga” means limb or body part. Therefore, Ashtanga is the union of the eight limbs of yoga, into one complete, holistic system.



ASHTANGA YOGA

(The Eight Limbs Of Yoga)

1. **Yama** (*moral codes*)
2. **Niyama** (*self-discipline*)
3. **Asana** (*posture*)
4. **Pranayama** (*breath control*)
5. **Pratyahara** (*sense withdrawal*)
6. **Dharana** (*concentration*)
7. **Dhyana** (*meditation*)
8. **and Samadhi** (*oneness with the self*).



ASHTANGA YOGA

1. Yama (*Moral Code*)

- **Ahinsa**- Non-violence
- **Satya**- Truthfulness
- **Asteya**- Non-stealing
- **Brahmacharya**- Conservation of vital energy
- **Aparigraha**- Non-hoarding or non possessiveness

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2. Niyama- *Intense observances that the aspiring yogi should carry out in his or her daily life in order to have a body and mind suited for Yoga.*

- **Saucha-** Cleanliness of body and mind
- **Santosha-** Contentment
- **Tapas-** Discipline
- **Svadhya-** Self-study
- **Ishvara Pranidhana-** Surrender to the Divine

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3. Asana- *The word literally translates to “seat”. Asana is a posture that one can hold for a period of time, staying relaxed, steady, comfortable and motionless time in those meditative postures.*

- *Matsyasana*
- *Halasana*
- *Padmasana*
- *Bhujangasana*
- *Dhanurasana*
- *Paschimottanasana*
- *Vajrasana*
- *Vakrasana*
- *Shirsasana*
- *Sarvangasana*
- *Naukasana*
- *Shavasana*

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4. Pranayama- *Prana is life force/breath/vital energy, and Yama is restraint. Pranayama translates to extension of the life force. Pranayama are breathing practices that involve the retention of breath.*

- *Nadi Sodhana.*
- *Ujjayi Pranayama.*
- *Kapalabhati Pranayama.*
- *Bhramari Pranayama.*
- *Sheetli Pranayama.*
- *Bhastrika Pranayama.*
- *Viloma Pranayama.*
- *Dirga Pranayama.*

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5. Pratyahara- *Withdrawal of the senses from things that are not conducive to the practice of Yoga, a moving from the external to internal world. When the 5 senses are quelled, the mind can then become still.*

6. Dharana- *Dharana means concentration, introspective focus and one-pointedness of mind. The root of the word is dhṛ - meaning "to hold, maintain, keep". Dharana, as the sixth limb of yoga, is holding one's mind onto a particular inner state, subject or topic of one's mind. Fixing the mind means one-pointed focus, without drifting of mind, and without jumping from one topic to another.*



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7. Dhyana- *Dhyana literally means "contemplation, reflection" and "profound, abstract meditation". Dhyana is contemplating, reflecting on whatever Dharana has focused on. Dhyana is integrally related to Dharana, one leads to other. Dharana is a state of mind, Dhyana the process of mind. Dhyana is distinct from Dharana in that the meditator becomes actively engaged with its focus. Patanjali defines contemplation (Dhyana) as the mind process, where the mind is fixed on something, and then there is "a course of uniform modification of knowledge".*



8. Samadhi-

A super-conscious trance in which the mind merges fully with and becomes one with the object of meditation. In the highest state of Samadhi, there is no longer any object of meditation.

Samadhi literally means "putting together, joining, combining with, union, harmonious whole, trance".



Thank You for Watching



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