

Use this as a guide to focus and reflect on your personal attainment of the 8 limbs of yoga as it relates to your daily lifestyle. Start by reading the 8 limbs of yoga every morning-pausing to acknowledge what each limb may look and feel like in your yogic life, TODAY. Then check in with each of the Yamas and Niyamas outlines below and evaluate both the positive and negative behaviors you have exhibited for each. Try to do this 3 times a day-at set times like in the morning, at noon and then again at night. Reflect on your practice of asana and what is needed for your next physical practice. Lastly record your experience with meditation-where, when, how long and what kind of method you engaged as well as any notes or reflection you feel valuable to note.

YAMAS	NIYAMAS
Ahimsa non harming	Saucha cleanliness
+	+
-	-
REFLECTION	REFLECTION
Satya truthfulness	Santosh contentment
+	+
-	-
REFLECTION	REFLECTION
Asteya non stealing	Tapas discipline
+	+
-	-
REFLECTION	REFLECTION
Bramacharya moderation	Svadyaya self study
+	+
-	-
REFLECTION	REFLECTION
Aparigraha non greed	Isvara Pranidhana surrender
+	+
-	-
REFLECTION	REFLECTION

Asana	Meditation
+	Method:
-	Place:
Future Practice Needs to Include:	Focus:
	Length of Time:
	Reflection:

THE 8 LIMBS of YOGA

