

The Yamas: disciplines (according to Patanjali)

Ahiṃsa- non-violence

Satya- truthfulness

Asteya- non-stealing

Brahmacarya- continence, sexual restraint

Aparigraha- non-covetousness, non-grasping

The Tantric Shāradā-tilaka (12th cen.) adds five more Yamas:

Krpā - compassion

Arjavam - sincerity

Kṣhamā - patience, tolerance

Dhṛti - steadiness, constancy

Mitāhāra - moderate eating, moderate consumption

The Niyamas: virtuous observances (according to Patañjali)

Śauca- internal and external purity and cleanliness

Santosha- Contentment or satisfaction

Tapas- effort, austerity, discipline

Svādhyāya- Chanting and study of sacred texts as a form of self-reflection

Īshvara Pranidhāna- Dedication to the Lord, Offering the practice to the Divine within

The Shāradā-tilaka adds five more Niyamas:

Āstikya - piety; faith in oneself, the practice, and the goal

Dāna - giving

Hrī - humility

Mati - reflection

Japa - mantra repetition