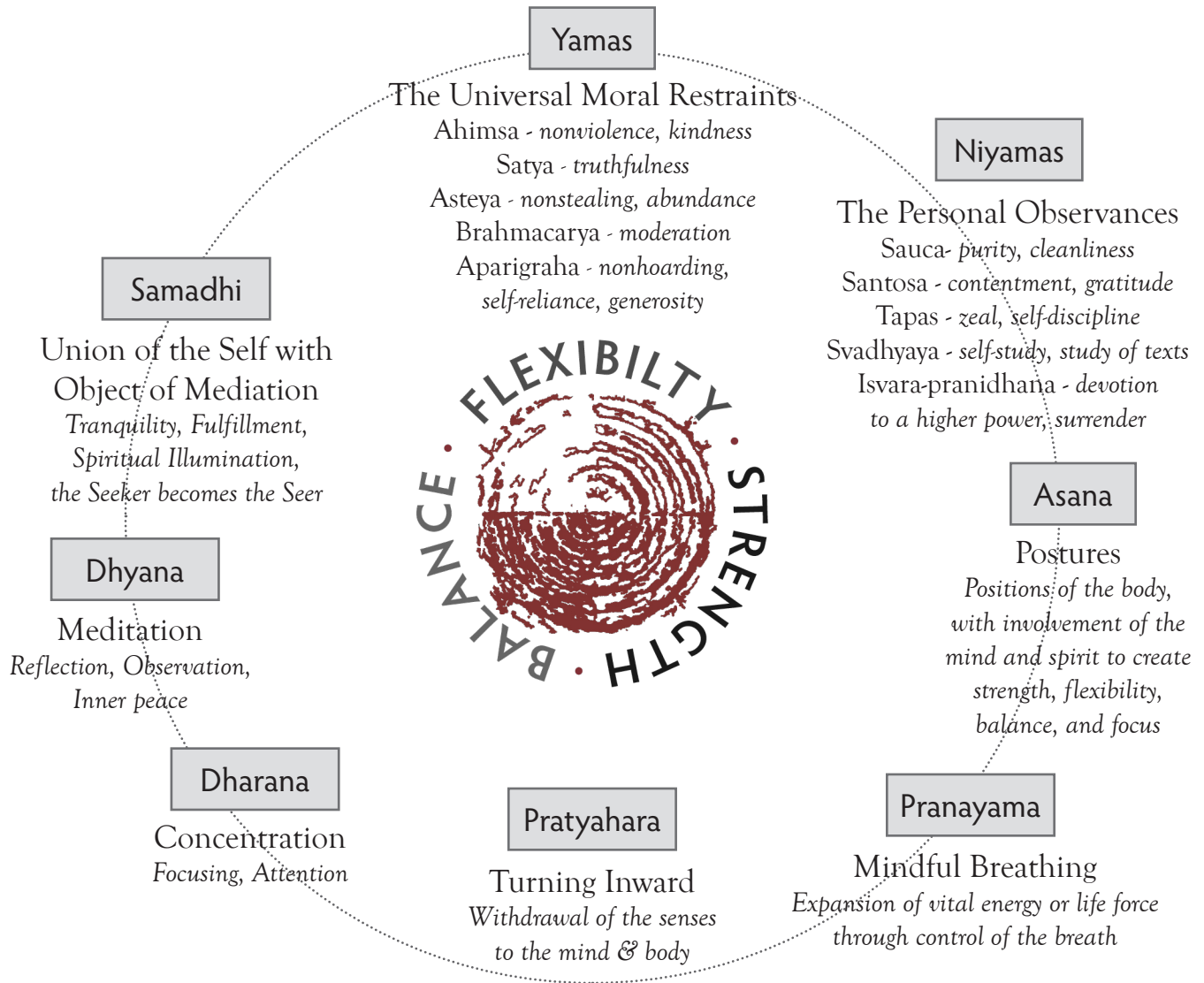


# THE EIGHT-LIMB PATH OF YOGA

*“The eight limbs are a map, but in yoga as in life, the journey is more important than the destination.”\**

Key elements in daily life:

1. Aspiring to Grow
2. Observing self (awareness)
3. Discernment - letting go of ignorance
4. Integrity - synthesis of thought, word and deed



**The Four Aims of Life**  
Dharma - virtue in one's life purpose  
Artha - creation of a balanced life  
Kama - enjoyment of the fruits of one's labors - love & joy  
Moksa - liberation, freedom

**The Two Aspects of Spiritual Practice**  
Abhyasa - practice  
Vairagya - renunciation of old habits

**The Five Afflictions**  
Avidya - spiritual ignorance  
Asmita - pride, egoism  
Raga - desire, grasping attachment  
Dvesa - aversion, hate  
Abhinivesa - fear of death

The Path of Evolution requires  
Restraint (Yamas) + Observation (Niyamas) + Action and Practice of all Eight Limbs =  
Leading to freedom and a joyful, creative life.

\*Modified Eight Limbs graphic from "Meditations From The Mat" by Rolf Gates & Katrina Kenison