

The Yamas & Niyamas Triggers & Practices

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YAMAS/Restraints

Ahimsa/Nonviolence

- Trigger: Agitation; Animosity
- Practice: Kindness

Satya/Truthfulness

- Trigger: Need to Belong
- Practice: Authenticity

Asteya/Non-Stealing

- Trigger: Greed
- Practice: Generosity

Brahmacharya/Non-Excess

- Trigger: Overwhelm
- Practice: Periodic Fasting from technology, food, speech, purchases

Aparigraha/Non-Possessiveness

- Trigger: Expectation
- Practice: Letting Go

That [the roaming tendencies of the mind] can be controlled through practice and non-attachment

NIYAMAS/Observances

Saucha/Purity

- Trigger: Image
- Practice: Simplicity

Santosa/Contentment

- Trigger: Comparison; Resistance
- Practice: Gratitude

Tapas/Self-discipline

- Trigger: Entitlement; Escape
- Practice: Responsibility

Swadhyaya/Self-study

- Trigger: Blame
- Practice: Curiosity

Ishwara Pranidhana/Surrender

- Trigger: Control
- Practice: Humility

-Yoga Sutra 1.12