

Limb Five: Pratyahara

Sensory withdrawal, muting of the senses

- In what class did you learn about or explore pratyahara?
- Which senses are the most difficult for you to address?

Limb Six: Dharana

Concentration, the beginning of meditation

- In what class did you learn about or explore the concept of dharana?
- Which distractions challenge your ability to concentrate?

Limb Seven: Dhyana

Meditation, continuous flow of cognition

- In what class did you learn about or explore the concept of dhyana?
- Are there ways you can bring this into your daily life?

Limb Eight: Samadhi

Integration, union, enlightenment

- In what class did you learn about or explore the concept of samadhi?
- How might the ability to achieve samadhi affect your future actions?

Travel the World
of Yoga



The Yoga Sanctuary
Yoga Month 2024
Passport

Name: _____



Collect a stamp on your yoga passport for each of the eight limbs as you travel the world of yoga.

The Yoga Sutras & The 8 Limbs

The Yoga Sutras, compiled by the sage Patanjali in the early Common Era (CE), is a foundational text on yoga philosophy and practice. It outlines the eight limbs of yoga, offering guidance on living a yogic life. This month, we invite you to explore these limbs through our regular classes and special events. Journey beyond the physical practice, expanding your understanding and deepening your experience of yoga's rich traditions.

In the following pages of your passport, you'll find each limb defined, along with **prompts for deeper reflection**. Use this passport to jot down notes and thoughts, or explore deeper in your own personal journal. As you encounter teachings related to the limbs of yoga throughout the month, note when, where, and how here in your passport.

For those of you practicing with us in person, a stamp is available at the front desk to mark your progress through the limbs. For those practicing from afar, please email us as you progress through the 8 limbs, and we will reply with a "stamp."
Email: info@theyogasanctuary.biz

Giving Back

Our yogic journey teaches us that we are part of something greater, interconnected with all around us. Embracing this principle, our annual Yoga Month doubles as a **fundraiser for the Peace River Wildlife Center (PRWC)**. When you register for special events, you can choose your contribution amount. Most of the funds collected will directly support PRWC's work. Additionally, we'll have a donation jar at the studio throughout the month for those wishing to contribute separately. **Learn more about PRWC here:** <https://prwildlife.org/>

Limb One: Yama-s

Outward moral precepts, ethical codes

Ahimsa (non-violence) • Satya (truthfulness) • Asteya (non-stealing) • Brahmacharya (self-restraint) • Aparigraha (non-greed/grasping)

- In what class did you recognize a reference to any of the yamas?
- What did you learn about that yama?
- Did you notice a particular focus on any one yama? Why might that be?

Limb Two: Niyama-s

Inward precepts, personal principles, spiritual observances

Saucha (purity/cleanliness) • Santosha (contentment) • Tapas (self-discipline) • Svadhyaya (self-study) • Isvarapranidhana (surrendering the fruits of one's actions)

- In what class did you recognize a reference to any of the niyamas?
- What did you learn about that niyama?

Limb Three: Asana

Posture, seat

- What did you learn about asana that took your understanding beyond the physical postures?
- How does asana help you connect to and build a healthy lifestyle?

Limb Four: Pranayama

Breath control, breathing techniques

- In what class did you notice specific exploration of the breath?
- Which techniques are you interested in exploring and learning about on your own?