

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Ashtanga Yoga

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 4

Lecture Title
Ashtanga Yoga – 2

Summary

The yamas and niyamas are **yoga's** ethical guidelines laid out in the first two limbs of Patanjali's eightfold path. They're like a map written to guide you on your life's journey. Asteya or Non- stealing is the third constituents of yama. Theft means unauthorized possession. To give up theft in thought, word and deed is non-stealing. Asteya is commonly known as honesty. The fourth constituent of yama is brahmacharya. Brahmacharya means “Living in divine consciousness”, or “being established in the higher mind. Aparigraha, is the fifth and the last yama. It is known as the non-possessiveness or abstinence from greed.