

# MOVING BEYOND ASANA

Write the meaning of each Niyama:

1) Saucha, 2) Santosha, 3) Tapas, 4) Svadhyaya and 5) Ishvara Pranidhana

Niyama I want to work on:

How often? Daily, weekly, etc?:

WHAT VALUE DOES THIS NIYAMA OFFER ME?

THINK OF HOW THIS NIYAMA WILL IMPROVE YOUR PRACTICE/LIFE.

WHAT ACTION(S) CAN I TAKE TO APPLY IT'S TEACHING?

THINK OF MENTAL OR BEHAVIORAL ACTIONS YOU CAN TAKE.

HOW HAS YOGA HELPED ME TO LIVE LIFE MORE FULLY SO FAR?

IN WHAT WAY(S) CAN I CONTINUE TO GROW?:

CREATE DAILY/WEEKLY LIFE AFFIRMATIONS FOR YOURSELF:

**I AM...**

**I LOVE...**

**I AM...**

**I LOVE IT WHEN...**