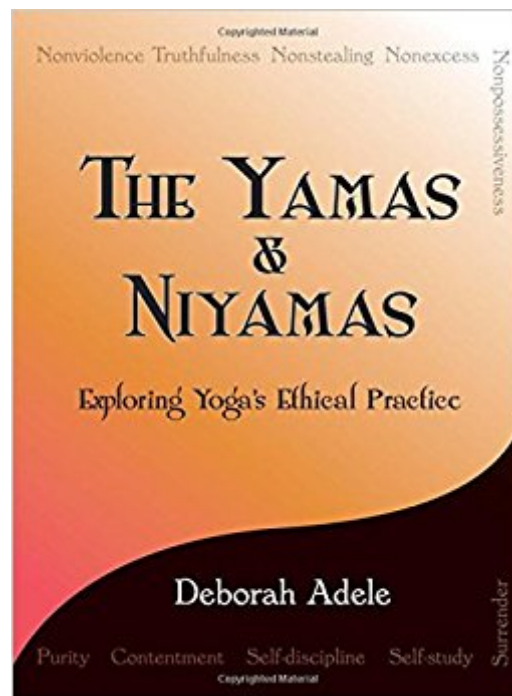




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# The Yamas & Niyamas: Exploring Yoga's Ethical Practice



## Synopsis

The first two limbs of the eight-fold path of yoga sutras<sup>1</sup>;the basic text for classical yoga<sup>1</sup>;are examined in this spiritual guide to the practice of yoga. Foundational to all yogic thought, they are considered to be the guidelines to the yoga way of living<sup>2</sup> that free individuals to take ownership of their lives, direct them toward the fulfillment they seek, and gain the skills to choose attitude, thought, and action. The first five guidelines are referred to as the yamas<sup>3</sup>;a Sanskrit word that translates to "restraints"<sup>4</sup>;and encompass nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. The last five are referred to as the niyamas, or observances<sup>5</sup>;purity, contentment, self-discipline, self-study, and surrender.<sup>6</sup> A self-study section at the end of each chapter may also be used by instructors for group discussion.

## Book Information

Paperback: 192 pages

Publisher: On-Word Bound Books; 40081st edition (September 1, 2009)

Language: English

ISBN-10: 0974470643

ISBN-13: 978-0974470641

Product Dimensions: 5.5 x 0.5 x 7.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 259 customer reviews

Best Sellers Rank: #2,682 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #26 in Books > Politics & Social Sciences > Philosophy > Eastern #27 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Deborah Adele holds master's<sup>TM</sup>s degrees in both Liberal Studies and Theology & Religious Studies. An ERYT500, she carries yoga certifications in Kundalini yoga, Hatha yoga, Yoga Therapy, and Meditation. She is also trained as a Gestalt practitioner and a Somatic Educator. For over 14 years, Deborah brought her combined knowledge of business and her in-depth knowledge of yoga philosophy to build Yoga North, now a thriving yoga center. Currently she is writing, teaching, consulting, and engaging her own personal practice.<sup>7</sup> Deborah worked for three years as a consultant with a firm out of Boulder, Colorado, where she combined the concept of body and breath with organizational development skills to improve leadership and management in various businesses around the country. She wrote a regular wellness column for the Duluth News Tribune

and has authored two CDâ™s, *The Art of Relaxation* and *The Practice of Meditation*. Deborah currently owns Adele & Associates, a company whose goal is to increase clarity, productivity, and right-living in individuals and systems. Deborah is a keen and innovative thinker, and, in whatever venue she finds herself, consistently uses her knowledge and training to support others in living a life imbued with balance, clarity, and well-being.Â In addition to her business and yoga experience, Deborah has made several trips to India for study and exploration. She feels it is important to continually ask ourselves the question, "What does it mean to be human?" by putting ourselves in places we can be challenged and changed, by telling ourselves the truth, and by sitting in some form of prayer, meditation, or reflection daily.Â Deborah currently resides in Duluth with her husband Doug, a Lutheran minister, where their conversations around spirituality remain lively. Her life is enriched by their two sons and four grandchildren.Â To learn more about Deborah visit her website: [www.DeborahAdele.com](http://www.DeborahAdele.com).

For those who don't know what the yamas and niyamas are, they are much like the ten commandments of yogic spirituality. This book explains them and inspires the reader to practice them in daily life. The author has provide questions for journaling and reflection after each section. If you truly want to live an authentic life with purpose and in harmony with the world, read and keep this book close. Namaste

Well written, interesting, even has exercises for those looking to deepen their practice. I'm really enjoying slowly reading through it and would recommend it to everyone, regardless of religion! The yamas and niyamas are more basic life practices for being a good person rather than specific religious dogma.

Tremendously good book to read - and read again. I really like the weekly "assignments". Interacting with this book in that manner has really helped me with my focus and ability to understand what living in the moment is.

The Yamas & Niyamas is a wonderful book that I would recommend to anyone. The book focuses on being good to ourselves and others as well as being present in the moment through 5 Yamas (nonviolence, truthfulness, nonstealing, nonexcess, and nonpossessiveness) and 5 Niyamas (purity, contentment, self-discipline, self-study, and surrender). The concepts and ideas are very simple and inspiring but at the same time not obvious in everyday life. There are 4 weekly ideas and

suggestions after each Yama and Niyama which I am going back through after reading it in full. They are personally challenging in a great way. There are so many fantastic insights for each and every one of these ideas. In yoga, the Yamas and Niyamas are considered 2/8 of the practice. Anyone practicing yoga or interested in self-improvement will love this book.

This book is the perfect addition to my practice of Yoga. Yoga classes focusing on two limbs (Asanas and Pranayama) of the Yoga Sutras of Pantanjali are easy to come by in any town or gym. However, the first two limbs of Yoga are foundational to all yogic thought and practice. These teachings are not always so readily available at a local yoga asana class. The ethical disciplines of the Yamas and Niyams are truly gems of ancient wisdom that help give direction to lead a balanced, thoughtful life. This book is beautifully written and easy to comprehend. After reading the first chapter, I was so inspired that I ordered five more copies to donate to my local yoga studio for students to borrow. I hope to continue to bring these principles to my practice of yoga on and off the mat.

It is difficult to add a review that has not already said everything good there is to say about this book. So, I add this here to help keep the 5 star rating for this book and simply say there is no better material on this topic that I have EVER come across as good as this. Cannot recommend highly enough.

The first things that yoga teachers learn in their training is that yoga has 8 limbs: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi. Most people practice asana - physical aspect of yoga (there are many kinds: Hatha, Vinyasa, Bikram, Kundalini to name a few). However, Yama and Niyama are tenants of yoga that were defined more than 3,000 years ago. Each limb (Yama and Niyama) has 5 subcategories. I like to call them yogic 10 commandments. They describe ethical behaviors of yogis. I read many yoga books and they are mentioned in each one. Author Deborah Adele has written a book that surpasses them all. Her entire book describes in detail each one of them and provides modern day examples of how to apply them to every day life. Not only that, after each yama and niyama is discussed, she offers a monthly practice where one can use journaling, reflection and other methods so one can experience the power of each. So far this is one of the most comprehensive books that explains yamas and niyamas. If I had to make recommendations to yoga teachers and students on how to learn more about these limbs, this book would be the first one I would mention to them. I am currently studying

to be a yoga teacher and I have used this book for supplemental reading. I intend to keep it with me and carry it always. It has the most amazing examples and quotations from both eastern and western thinkers and intellectuals. This is a kind of life I want to live and ideally I would like to surround myself with people who practice the same rules of ethics.

I absolutely love this book. It is very accessible and easy to understand, you will not get lost in Sanskrit trying to understand the yamas and the niyamas with this book! I had to read this when I was going through a yoga teacher training program, and it was my very favorite of all of the book assignments. It's a short, easy read, and the author has a way of making the teachings very relatable to modern life. Fantastic.

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