**Yamas & Niyamas Worksheet**

*Q1 Read through the BWY Code of Ethical Conduct for teachers. Read Patanjali’s Yoga Sutras, Chapter 2, Sutras 29-45, and list the Yamas and Niyamas in Sanskrit giving a simple English translation.* ***Explain how each Yama and Niyama is applicable to your professional conduct as a yoga teacher.***

**Yamas**

**Outer Observances (attitude towards others)**

Ahimsa: Non-harming (foundational principle – motivation behind word and deed)

Satya: Truthfulness (without harming)

Asteya: Non-stealing (taking without permission)

Brahmacharya: Moderation/Efficient use of energy/Restraint

Aparigraha: Non-Greed (taking more than is appropriate even with permission)

**Niyamas**

**Inner Observances (attitude towards oneself)**

Saucha: Purity

Santosha: Contentment

Tapas: Discipline/Enthusiasm

Svadhyaya: Self-study

Isvara Pranidhanam: Self-surrender/Regard for something greater than oneself