

# Restraint

Anusara yoga practice includes continual work on behavior restraints, called yamas, and internal restraint, called niyamas. Practice of such austerities enable use to purify the mind and have clarity in our actions. The yamas offer guidelines for us in relationship to others in society or nature, and all yamas apply to actions, words, and thoughts. Niyamas apply to our daily activities and self observation of our physical appearance, actions, words and thoughts. Applying these restraints will enable us to behave in the world in a moral and ethical manner, and maintain a high degree of personal integrity.

## Asanas



Malasana  
Squat



Anjaneyasana  
Lunge  
(variation)



Virabhadrasana 1  
Warrior 1



Parsvakonasana  
Side Angle Stretch  
(variation)



Parsvottanasana  
Triangle Forward Bend



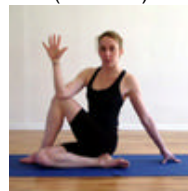
Adho Mukha  
Svanasana  
Down Dog (var)



Setu Bandha  
Sarvangasana



Gomukhasana  
Cow-face pose



Ardha  
Matsyendrasana  
Seated Twist



Paschimottanasana  
Seated Forward Bend

**Application.** Self restraint in our practice is benefited by going inside – slowing our thoughts so that our attention is completely on the practice, and on the rhythm and purity of the in breath and out breath in each asana. It is a time to practice the niyamas – simply observing our own purity, contentment, patience, mindfulness, and surrender in the asanas.