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Five Yomas of Yoga

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Five Yomas of Yoga

The role of yoga practice in preparing the foundation for sustainable development.

- ▶ People can build a healthy environment and a peaceful society through respectful and friendly treatment of the members of their environment. That is, human behavior and activities play a special role in sustainable development.

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The easiest way to control our behaviour is through yoga, which helps to build our mental and physical health. Our mental and physical condition affects our personal life, society and environment. So we can accelerate sustainable development by maintaining our healthy mind and body through yoga practice, and building a healthy environment and peaceful society through friendly behaviour to the members around us.

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- ▶ Yoga is a kind of practice of ancient times, which is a combination of spiritual, mental, and physical practice. Patanjali described eight limbs of Yoga in the book “The Yoga Sutras.” There are eight Limbs of Yoga: Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. asana Pranayama and Samadhi.

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- ▶ I will cover only Yamas practices and find them for sustainable development. Yama is the first limb of yoga. There are 5 Yamas: Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha

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- ▶ Ahimsa : By practicing non-violence we can reduce the damage to society and the environment. If we follow non-violence in feed, livelihood, etc.,

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Satya: It helps us to walk in the way of truth and keeps us away from hypocrisy. Both words and deeds follow the truth.

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- ▶ **Asteya: Asteya means not to steal. Greed prevents us from stealing something from others.**

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Brahmacharya: Brahmacharya translates ‘right use of energy or “behavior that leads to Brahman,” the behavior which leads to Divine. It focuses on the mental happiness and peace of the people instead of the physical happiness of the people.

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- ▶ **Aparigraha** : Aparigraha translates as ‘non-greed, ‘non-possessiveness. It teaches us to give up. The greed for wealth helps us to avoid excessive savings. That is, it controls the excess needs of the people.

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We learned from the principles of yoga how to unite the mind-body-soul, to be aware of our neighbours to be ready to accept the consequences of our actions. Its lessons teach us how to create a better world around us and to establish sustainable development while inculcating meaningful and eco-friendly life.

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Thank You

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text 'Thank You' is centered in a bold, green, serif font.