

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 1.3 Worksheet

The Yamas: Ahimsa, Satya, **Asteya**, Brahmacharya, Aparigraha

Answer the questions below. Remember, there's no right or wrong. This is based on your experience and your own moral code.

In your own words, describe what the third part of the Yamas, Asetya, means to you:

Are there any areas where you'd like to practice more asteya? Or any areas that practicing asteya may be difficult for you?

Do you have a practice of seva? Where do you freely give of your time, effort or money? Is there an area that you would like to perform seva?



