

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 2.5 Worksheet

The Niyamas: Saucha, Santosha, Tapas, Svadhyaya, **Ishvara Pranidhana**

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 fifth Niyama, Ishvara Pranidhana, means to you:

Do you believe in a power greater than yourself? What is your interpretation of the Divine in your life?

How does the word "Surrender" make you feel? Do you feel comfortable surrendering to a higher power? If you've ever had an experience of blind surrender, describe it here:

Where do your choices, decisions and actions come from? Do you make decisions based on fear or love? Over the next week, make decisions based only on love. How does this change the actions you take every day?

