

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 2.2 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 second Niyama, Santosha, means to you:

Give an example of a time when you were able to maintain santosha when:

- You were criticized
- You were complimented
- You were in an uncomfortable asana pose

During this busy holiday season, how will you work to maintain Santosha?

