

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 1.2 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 second part of the Yamas, Satya, means to you:

Have you ever learned that something you believed was untrue? What is the difference between your opinion vs a universal truth?

We give ourselves LOTS of labels. What do you believe about yourself?
And WHY do you believe it? What actions do you take to support your truths?

"Truthfulness doesn't mean that you have to put it all out there. It means that you are moving from your own heart." (Uma Macfarlane, lecture at The Expanding Light Retreat, February 2000).
What does this mean to you?

