

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 2.1 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.

What are the Niyamas and how are they different than the Yamas?

In your own words, describe what the first Niyama, Saucha, means to you:

Have you ever experienced a physical cleaning or a detoxification of your body or living space that led to a higher energetic vibration? Did you feel more cheerfulness, clarity of mind or concentration? Explain your experience and how it made you feel.

What can you simplify in your life to find more purity? Think of physical, mental or emotional attachments or baggage. What needs to be ditched or purified? How will you do this over the next few weeks? Now, go and take action!

