

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 2.4 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 fourth Niyama, Svadhyaya, means to you:

Throughout this training, you've probably engaged in svadhyaya. What have you learned about yourself? Has anything come up that's made you uncomfortable? Describe.

Silence is Golden. Yet, in today's society, many of us never have any silence in our lives. We are constantly bombarded by cell phones, TV ads, the radio, email and social media notifications. Over the next few days, spend some time in silence. Notice how it feels.

On a personal level to help clarify this question - There are some times that I really, really don't like silence. When my friend passed away in July, I had a hard time being alone and in silence. I would always have a Podcast running while I cleaned or cooked dinner or even while I was getting ready for bed. I couldn't stand the silence because the grief felt overwhelming. I didn't realize how uncomfortable the silence was for me until I did some self-study and recognized what I was doing- distracting myself from dealing with my grief.

How much silence do you have in your life? Do you find yourself using the TV, the radio, social media or podcasts to distract yourself from dealing with something your Self needs?

