

Camp Utopia Yoga
200 Hour Teacher Training
Online Classroom: Limb 2.3 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 third Niyama, Tapas, means to you:

What do you believe is your dharma, or life purpose?

Does your current lifestyle support this dharma? If so, how does your practice of tapas support your dharma? If not, where do you need to practice more tapas?

