

# GLI 8 STADI DI YOGA | THE 8 AGGREGATES OF YOGA Pātañjalayogaśāstra (8 Cent. CE)



अहिंसा | सत्य | अस्तेय | ब्रह्मचर्य | अपरिग्रह

- यम | YAMA**
1. AHIMŚĀ | NON VIOLENZA | NON-VIOLENCE
  2. SATYA | GENUINITÀ | TRUTH
  3. ASTEYA | TEMPERANZA | NON-STEALING
  4. BRAHMACARYA | ASTINENZA | SEXUAL CONTINENCE
  5. APARIGRAHA | RINUNCIA | RENUNCIATION

शौच | संतोष | तपस् | स्वाध्याय | ईश्वरप्रणिधान

- नियम | NIYAMA**
1. ŚAUCA | IGIENE | HYGIENE
  2. SAṀTOṢA | APPAGAMENTO | CONTENTMENT
  3. TAPAS | AUTODISCIPLINA | AUSTERITY
  4. SVĀDHYĀYA | STUDIO | STUDY
  5. ĪŚVARAPRANIDHĀNA | DEVOZIONE | DEVOTION