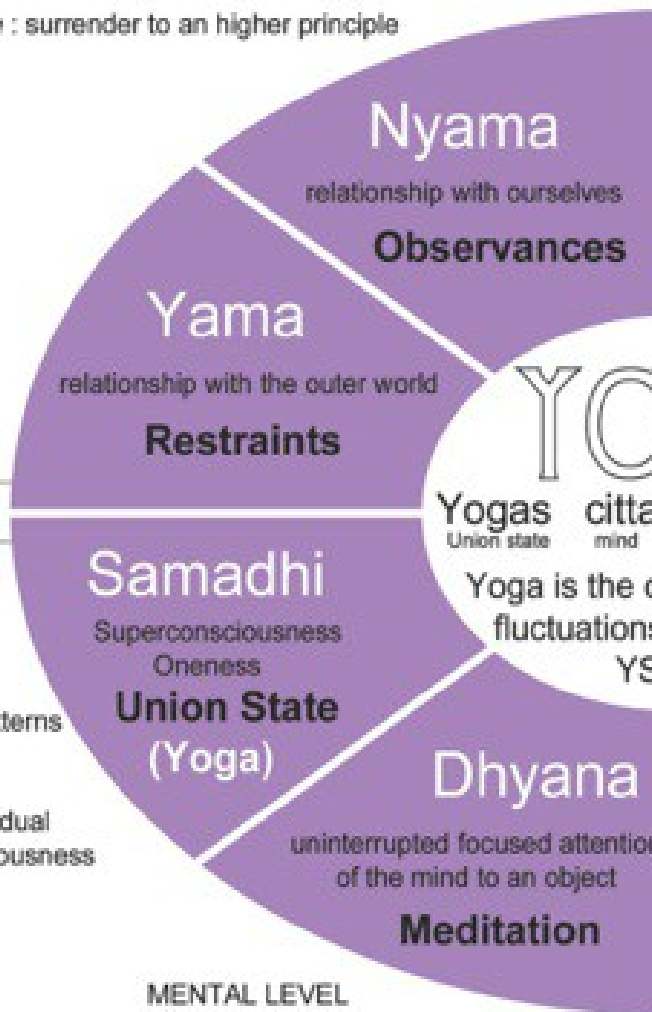


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**Development of positive personal aptitudes**  
*Saucha* : purity, cleanness  
*Santosha* : contentment  
*Tapah* : perseverance  
*Swadhyaya* : study  
*Ishwarapranidhana* : surrender to an higher principle

**Moral codes**  
*Ahimsa* : non-violence  
*Satya* : truthfulness  
*Asteya* : non-stealing  
*Brahmacarya* : moderation, selfcontrol  
*Aparigraha* : non-possessiveness

**SPIRITUAL LEVEL**  
  
 overcoming brain patterns beyond the mind  
  
 Union between individual and universal consciousness



**PHYSIOLOGICAL LEVEL**  
**Rebalancing** - postural  
 - neuromuscular  
 - visceral  
 - endocrine  
 - circulatory  
**Sthira sukham asanam ~YS 2:46**  
 the posture is steady and comfortable

**EMOTIONAL AND ENERGETICAL LEVEL**  
 Breaths progressively become elongated and subtle  
**Rebalancing** - vital energy  
 - emotions

**SENSORY LEVEL**  
 overcoming distractions factors due to sensory activities

**MENTAL LEVEL (CONSCIOUS)**  
 Development of mindful awareness and conscious attention  
**~YS 2:29**

**MENTAL LEVEL (UNCONSCIOUS)**  
 Development of inner attention able to focus on an object for longer period of time and at deeper levels

**ASTHANGA (= 8 LIMBS) YOGA.**