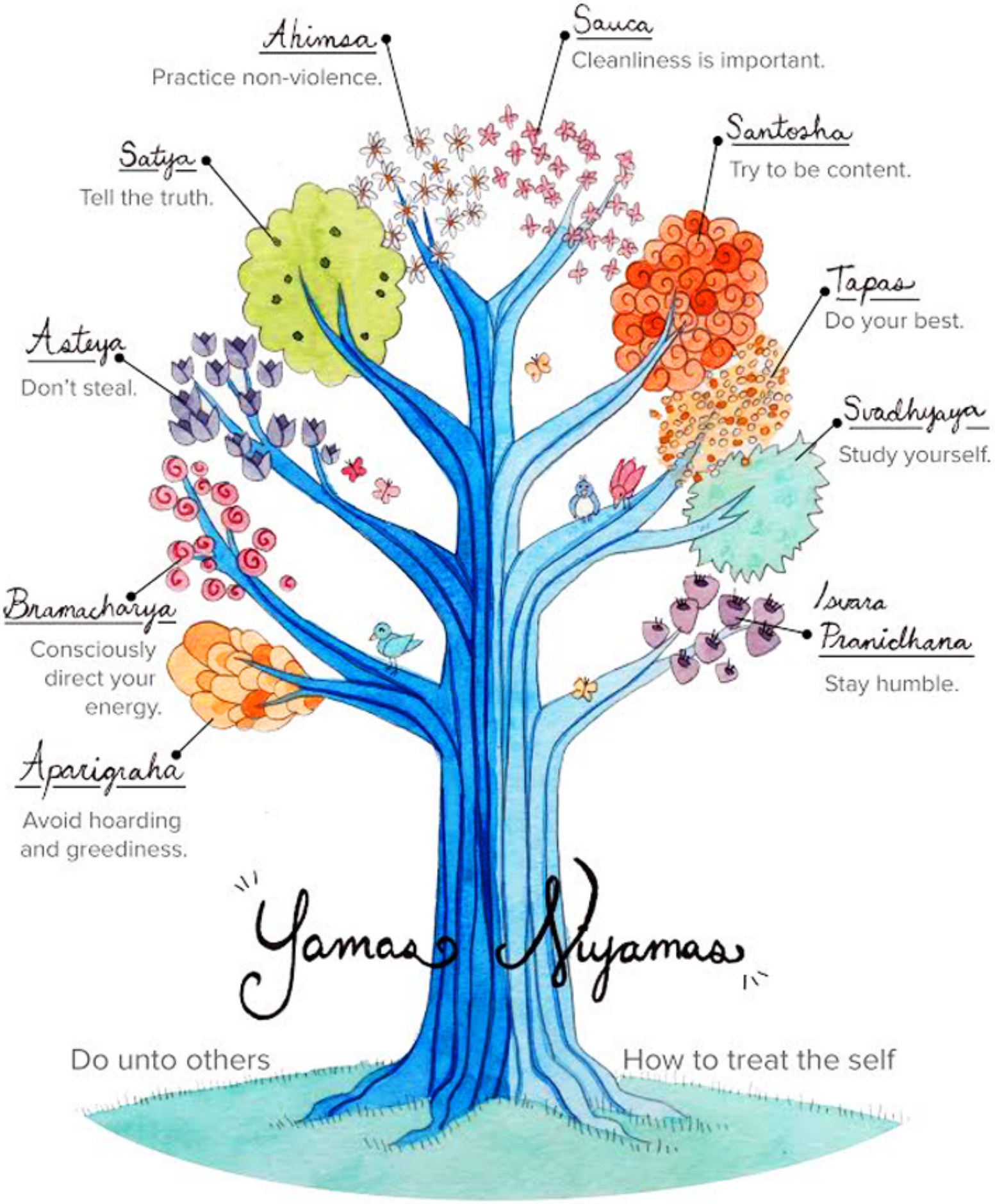
Ahimsa
Practice non-violence.
Sauca
Cleanliness is important.
Satya
Tell the truth.
Santosha
Try to be content.
Tapas
Do your best.
Asteya
Don't steal.
Svadhyaya
Study yourself.
Bramacharya
Consciously direct your energy.
Isvara Pranidhana
Stay humble.
Aparigraha
Avoid hoarding and greediness.
Yamas Niyamas
Do unto others
How to treat the self