

COURSE

# YAMAS + NIYAMAS



WRITTEN BY CHERYL VAN SCIVER



# CHERYL VAN SCIVER

[cheryl@balancedplanetyoga.com](mailto:cheryl@balancedplanetyoga.com)



[getbliss@balancedplanetyoga.com](mailto:getbliss@balancedplanetyoga.com)

[www.BalancedPlanetYoga.com](http://www.BalancedPlanetYoga.com)



[@balancedplanet\\_yoga](https://www.instagram.com/balancedplanet_yoga)

856.316.5150

---



## ABOUT US

WELCOME

We are dedicated to providing a welcoming + inclusive space for individuals of all backgrounds + abilities to explore and deepen their understanding of yoga. We believe the practice of yoga extends far beyond the physical postures, + we strive to integrate all aspects of yoga, including pranayama [breathwork], mantra, sound, philosophy, and meditation into our offerings. Our mission is to love + serve everyone who walks through our doors, even the virtual ones. To do this, we work to create an environment that fosters growth both on + off the mat by providing high-quality instruction, personalized attention, + a felt sense of community to support each individual's unique journey. We believe that yoga has the power to heal, transform, + empower all of us to live our fullest, most vibrant life.



# YAMAS + NIYAMAS

Here at Balanced Planet Yoga, we base our yoga school + trainings on the philosophies of Samkhya Yoga + Yoga philosophies. Samkhya is a more theoretical philosophy, while Yoga philosophy provides a practical approach to the spiritual path. The Yamas + Niyamas are spiritual practices you will find discussed in Patanjali's Yoga Sutras as part of the eight-limb path. This path, sometimes called Ashtanga Yoga, is a practical set of guidelines for living a balanced, serene life and dedicated to understanding the true reality of this human experience. Sometimes, people get tripped up by the notion of "spiritual" or "divine", or God, but in Yoga, we try to leave our preconceived ideas behind and discover for ourselves the validity of such concepts. You will not find dogma in these philosophies but rather an open invitation for your own direct experience to answer the questions of life for yourself.

# COURSE WORKBOOK

# WHAT EXPECT

Learn

5 Yamas



COURSE  
WORKBOOK

a guide to understand + work  
with the yamas + niyamas for  
the next 10 days

Learn

5 Niyamas

2

guided meditations

Q+A

access

This course will provide you with a lecture, two meditations, + a course workbook to aid you in your learning + assimilation of the practices of the yamas + niyamas. You will also have the ability to ask questions through Q&A on our chat board or reach out to me via email or in studio.



# The Yamas + Niyamas

## JOURNAL REFLECTIONS

**These journal reflections or meditation prompts will help you live the Yamas + Niyamas. You can take on one practice per day or week. Think about how you learn, retain new ideas + form new habits. If one of these concepts per month makes more sense, know that is also a very valid means of exploration.**

### **AHIMSA | NON-VIOLENCE [Day 1 or Week 1]**

What is my relationship right now with the concepts of non-violence? Can I identify the microaggressions in my life that work against my ideas of peace and loving care for myself + others? What would committing to a life centered in Ahimsa look like for me? What practical steps can I implement today, tomorrow, a month from now? How will I know when these ideas are part of me?

### **SATYA | TRUTHFULLNESS [Day 2 or Week 2]**

Take a look at what your relationship to truth is right now? Do you bend the truth? Do you omit? What is your understanding of the relationship of non-harm + truthfulness? What does it mean to be in "your truth"? Is that at any cost?

### **ASTEYA | NON-STEALING [Day 3 or Week 3]**

Does Asteya include time, energy, opportunity, praise, ideas, and other non-material things? How do these things show up in me right now? What do I allow? Is there ever a justification for taking what is not yours? For someone to take from you?

### **BRAMACHARYA | NON-EXCESS [Day 4 or Week 4]**

How would you describe yourself in the light of moderation? Do you sleep enough? Get the right nutrition most of the time? What changes would you need to make if you wanted to be more moderate? How do you deal with living in a society where excess is encouraged?

### **APARIGRAHA | NON-POSSESSIVENESS [Day 5 or Week 5]**

What is my relationship with my "stuff"? Think about inventorying your closet, a dresser, or your desk. Sometimes, looking at the data is a powerful means of discovering our ability or inability to be good stewards of resources. What would be signs for you that you were living a life of having just what you need?

### **SAUCHA | PURITY [Day 6 or Week 6]**

What are my daily internal and external hygiene habits right now? What do I regularly put in my mind? What shows do I watch, what books do I read, and who am I having conversations with? Do I have practices in place to help me process how negative interactions?

### **SANTOSHA | CONTENTMENT [Day 7 or Week 7]**

Are you content? Does your ability to be content or not content rely on something or someone else? Maybe today is the day to create a formal gratitude practice. What would that look like? How can you work on being grateful for the hard things in this life?

### **TAPAS | DISCIPLINE [Day 8 or Week 8]**

How do you react when things get hard? Do you push into the difficult and push past, or do you retract and move away? What is the last thing you did that was really hard? How are you coping with this? Can you think of something that could help you process the tough parts of life? How do you feel about the concept of forbearance? Could this get toxic?

### **SVADHYAYA | SELF-STUDY [Day 9 or Week 9]**

From this starting point, what are your ideas about Self-Study? After learning a little about this Niyama, what could you add or subtract from your self-study habits? What are you reading right now? If you are not, pick something – a book, an essay, or even a poem. Write about it, how it makes you feel, and the deeper messages to be learned. How does it relate to your life?

### **ISHVARA PRANIDHANA | SURRENDER [Day 10 or Week 10]**

What comes to mind when you think about concepts like the Divine, God, higher power, and mother nature? Do you have a different concept? How do you know whether these things are true or if what you believe is true? Is surrender a necessary component of your spiritual path? Why or why not? What does it mean to have faith? What steps can you take to see the true nature of your human experience directly?

# NEED SOME ACCOUNTABILITY?

I am happy to review your completed workbook + go over the questions with you after you have completed them. Having an accountability partner when you are first getting started with something can be a great way to stay on track. You can submit your completed workbook and/or journal entries to [getbliss@balancedplanetyoga.com](mailto:getbliss@balancedplanetyoga.com). and we can schedule a time to review them together.

## YOUR THOUGHTS:

---

---

---

---

---

---

---

---

COURSE WORKBOOK

# YAMAS + NIYAMAS QUIZ

WHAT IS THE DEFINITION OF AHIMSA?

- non-stealing
- don't tell lies
- cause no pain
- meditate

SVADHYAYA INVOLVES THIS

- cleanliness
- giving away your stuff
- studying ancient texts
- happiness

CHOOSE THE 5 YAMAS

- Satya
- Darshan
- Om
- Ahimsa
- Aparigraha
- Utkatasana
- Asteya
- Chandra
- Brahmacharya
- Acharya
- Savasana
- Tadasana



COURSE WORKBOOK

# YAMAS + NIYAMAS

## QUIZ, P. 2

WHAT IS THE DEFINITION OF APARIGRAHA?

- non-violence
- non-hoarding
- tell the truth
- surrender

SAUCHA INVOLVES THIS

- cleanliness
- truth-telling
- renunciation
- selfless service

CHOOSE THE 5 NIYAMAS

- Satya
- Saucha
- Namaha
- Avidya
- Santosha
- Svadhyaya
- Surya
- Isvara Pranidhana
- Atman
- Brahman
- Tapas
- Kurmasana

COURSE WORKBOOK  
YAMAS + NIYAMAS,  
QUIZ, P. 3



WHAT IS ISVARA PRANIDHANA?

.....



WHAT IS BRAHMACHARYA?

.....



WHAT IS SANTOSHA?

.....



WHAT IS TAPAS?

.....

# ONLINE COURSE COMMUNICATION

## E-MAIL , PHONE , Q&A

---

You can reach out to me through email or phone, or leave a question or comment on the Q&A board.

## IN STUDIO

---

I am also in the studio frequently. Feel free to ask me questions when you see me, too!

## RESPONSE TIME

---

My goal is to respond to your submissions within 48 hours.

ONLINE COURSE  
THE PROCESS

STEP

1

STEP ONE

---

Listen to the lectures + download the workbook. I think it is a great idea to always have a journal or notebook near by when learning something new.

STEP

2

Spend some time working with the two guided meditations. See if you can discover your current relationship to the Yamas + Niyamas

STEP TWO

---

STEP

3

STEP THREE

---

Start incorporating the Yamas + Niyamas into your practice. You can submit your work to [getbliss@balancedplanetyoga.com](mailto:getbliss@balancedplanetyoga.com) if you choose to have more feedback.

ONLINE COURSE  
QUESTIONNAIRE

After completing your work, do some self-inquiry. What are four things you got out of doing this work?

1. ....  
.....  
.....

2. ....  
.....  
.....

3. ....  
.....  
.....

4. ....  
.....  
.....



# MONTHLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


NOTES:

---

---

---

---

# WEEKLY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## NOTES AND IDEAS

---

---

---

---



YOUR THOUGHTS  
DAILY JOURNAL

DATES :

MOOD :

---

---

---

---

---

---

---

---

---

---

GOAL

TO DO LIST

- 
- 
- 
- 
- 
- 

- 
- 
- 
- 
- 
-

Check out more of our online offerings, or come spend some time with us in our Marlton, New Jersey location. We are a boutique yoga studio with many offerings.



NEED MORE INSIGHT & SUPPORT?

# BALANCED PLANET YOGA



© COPYRIGHT 2024 BALANCED PLANET YOGA, LLC. ALL RIGHTS RESERVED

*No part of this book may be reproduced in any form without the prior  
written permission of*

*Balanced Planet Yoga, LLC.*

*795 ROUTE 70 EAST, SUITE F*

*MARLTON, NJ 08053*

*[www.BalancedPlanetYoga.com](http://www.BalancedPlanetYoga.com)*