

8 Limbs Bingo Challenge

Name: _____

Yama #1: Ahimsa (non-violence / non-harming)	Yama #5: Aparigraha (non-greed / generosity)	Niyama #4: Svadyaya (self-study)	Pratyahara (withdrawal of the senses)
Yama #2: Satya (truthfulness)	Niyama #1: Saucha (cleanliness / purity)	Niyama #5: Ishvarapranidhana (surrender / spiritual attunement)	Dharana (focus / concentration)
Yama #3: Asteya (non-stealing)	Niyama #2: Santosha (contentment)	Asana (yoga postures)	Dhyana (meditation)
Yama #4: Brahmacharya (moderation / restraint)	Niyama #3: Tapas (austerity / discipline)	Pranayama (breath control)	Samadhi (liberation / spiritual absorption)

How to Play: It's a classic game of Bingo with a Yogic twist! All month long, challenge yourself to dive deeper into the 8 Limbs of Yoga and learn how to integrate some of these ancient yogic principles into your daily life, both on and off the mat.

Each time you embody one of the Limbs, check off the corresponding box on your bingo card.

8 Limbs of Yoga Bingo

What are the Eight Limbs of Yoga? The Eight Limbs of Yoga come from an ancient text called The Yoga Sutras. They provide a philosophical framework for living a balanced, meaningful, and spiritually connected life. Each “limb” details a step on the path toward enlightenment and self-realization.

Each of the Eight Limbs are listed here in the traditional Sanskrit language, with English translations in parentheses. The first two (Yamas and Niyamas) are broken down into five aspects each, while the rest are singular concepts.

Below is a breakdown of each Limb with practical examples of how you can check them off of your Bingo board. Keep in mind that these are just examples – there are *many* ways to interpret and embody these concepts, so feel free to get creative with it and enter your own ideas :)

1. **Yamas** (social disciplines / how we relate to the world)

Yama #1: **Ahimsa** (non-violence / non-harming)

- Choose NOT to kill that spider in your bathroom.
- Try a vegetarian or vegan diet for a few days.
- Opt for words that uplift others, rather than criticize.
- Something else: _____

Yama #2: **Satya** (truthfulness)

- Be honest in a conversation with someone.
- Acknowledge and confront your true feelings.
- Talk to a friend and get something off your chest that’s been bothering you.
- Something else: _____

Yama #3: **Asteya** (non-stealing)

- Cultivate contentment and gratitude for that which is abundant in your life.
- Choose not to take more than you need, even if it is freely offered.
- Arrive on time for a meeting (don’t “steal” other people’s time).
- Something else: _____

Yama #4: **Brahmacharya** (moderation)

- Limit your screen time.
- Put down the whole bag of chips – instead, just grab a small handful.
- Seek opportunities to find balance in your life.
- Something else: _____

Yama #5: **Aparigraha** (non-greed / non-attachment)

- Declutter your space and donate items you don’t need.
- Release unreasonable expectations.
- Make a donation to our Yoga for DAiS fundraiser!
- Something else: _____

2. Niyamas (self-disciplines / how we relate to ourselves)

Niyama #1: **Saucha** (cleanliness / purity)

- Eat nourishing foods.
- Keep your space tidy.
- Be mindful of negative thoughts that take up mental space.
- Something else: _____

Niyama #2: **Santosha** (contentment)

- Practice gratitude journaling.
- Focus on what is abundant rather than what is lacking.
- Practice using the mantra “I am enough.”
- Something else: _____

Niyama #3: **Tapas** (austerity / discipline)

- Show up for your commitments.
- Push yourself outside of your comfort zone.
- Take an Original Hot Yoga class at Inner Fire Yoga.
- Something else: _____

Niyama #4: **Svadyaya** (self-study)

- Journal about your life experiences.
- Practice self-inquiry through meditation.
- Read a self-improvement book or blog, or listen to a similar podcast.
- Something else: _____

Niyama #5: **Ishvarapranidhana** (surrender / spiritual attunement)

- Set an intention to let go of the things you cannot control.
- Engage in meditation, mindfulness, or prayer.
- Practice surrender in stressful moments.
- Something else: _____

3. Pratyahara (withdrawal of the senses)

- Try an asana or flow with your eyes closed to shift your focus inward.
- Spend time in silence, free from devices and other distractions.
- Dedicate 30 minutes of screen-free time before going to sleep.
- Something else: _____

4. Dharana (focus / concentration)

- Practice candle-gazing.
- Use your drishti (gaze) during class to find greater focus in an asana.
- Intentionally single-task vs. multitasking.
- Something else: _____

5. Asana (yoga postures)

- Attend any three classes at Inner Fire Yoga within 7 days.
- Learn a new yoga pose that you’ve never tried before.

- Practice a familiar yoga pose, but with a new perspective.
- Something else: _____

6. Dhyana (meditation)

- Practice detaching yourself from your thoughts and feelings.
- Create a dedicated meditation space in your home.
- Commit to a daily meditation practice for at least one week.
- Something else: _____

7. Pranayama (breath control)

- Use deep breaths to calm yourself when feeling stressed.
- Intentionally slow down your breath during your asana practice.
- Try a calming pranayama practice before bedtime, such as alternate nostril breathing or diaphragmatic breathing.
- Something else: _____

8. Samadhi (liberation / spiritual absorption)

- Observe your state of mind just after you wake up and just before you fall asleep – in these moments, we tend to experience similar brain activity to that during a state of Samadhi.
- During your meditation practice, observe any moments of stillness or near-stillness of the mind (aka “micro-Samadhi”).
- Practice focus and meditation often to lengthen the duration of your “micro-Samadhi” over time.
- Something else: _____