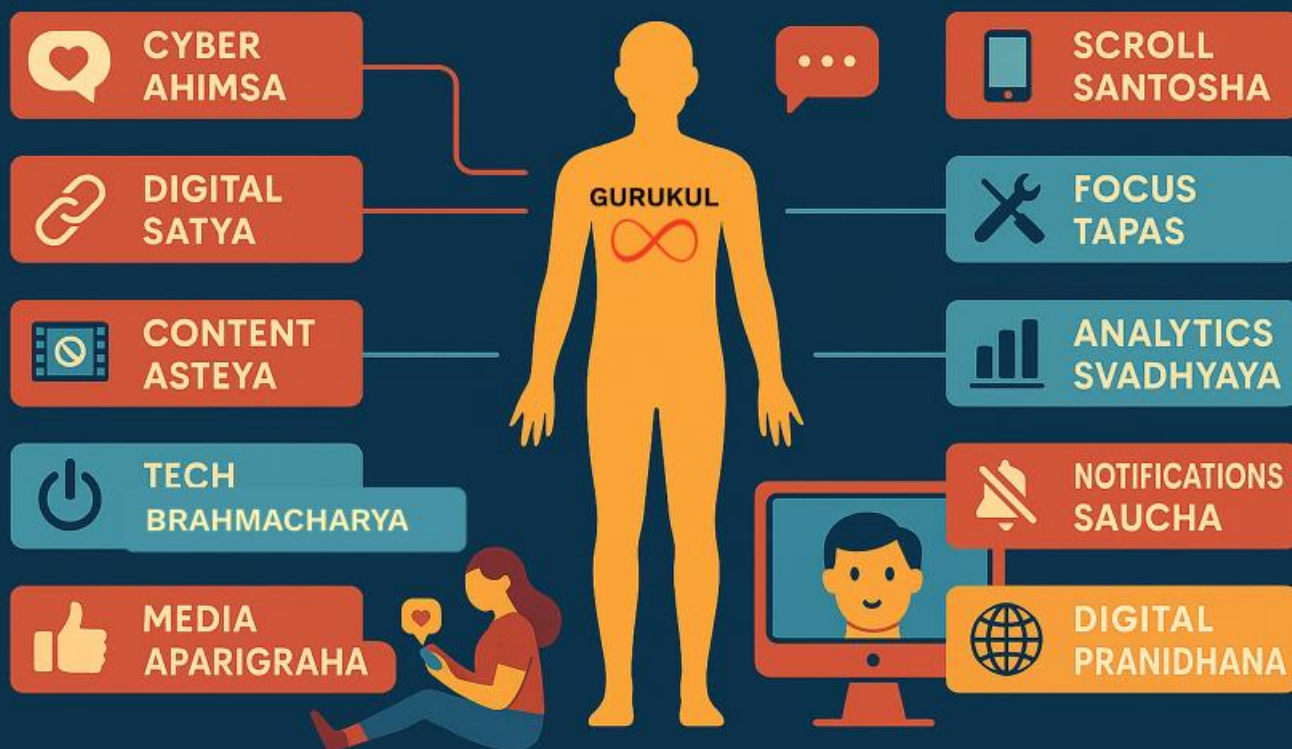


|| The Digital Yamas and Niyamas ||



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∞

Booklet for self introspection and
adopting Yoga Sutra wisdom for
mindful and balanced digital living





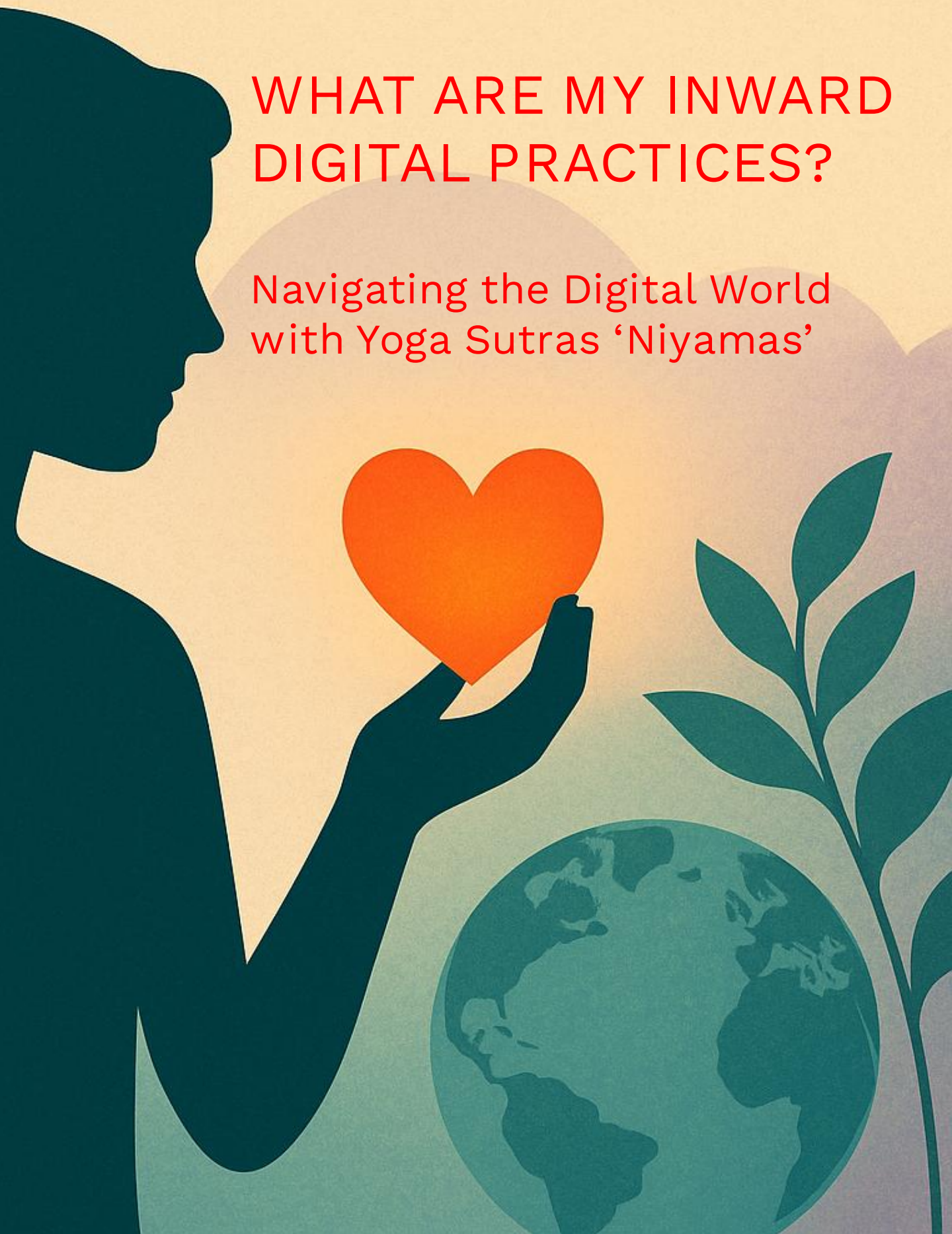


WHAT ARE MY OUTWARD DIGITAL BEHAVIOURS?

Navigating the Digital World with
Yoga Sutras 'Yamas'

WHAT ARE MY INWARD DIGITAL PRACTICES?

Navigating the Digital World
with Yoga Sutras 'Niyamas'



DIGITAL YAMAS



**CYBER
AHIMSA**



**DIGITAL
SATYA**



**CONTENT
ASTEYA**



**TECH
BRAHMACHARYA**



**MEDIA
APARIGRAHA**



Sanskrit Yamas

Ahimsa: Non-violence | Satya: Truthfulness | Asteya: Non-stealing
Brahmacharya: Moderation | Aparigraha: Non-attachment

DIGITAL NIYAMAS



**SCROLL
SANTOSHA**



**FOCUS
TAPAS**



**ANALYTICS
SVADHYAYA**



**NOTIFICATIONS
SAUCHA**



**DIGITAL
PRANIDHANA**

Sanskrit Niyama

Shaucha: Purity | Santosha: Contentment | Tapas: Discipline
Svadhyaya: Self-study | Pranidhana: Surrender

DIGITAL YAMAS

Outward digital behaviours ←

NON-VIOLENCE

Speak, post and even react (yes, emojis!) with kindness.



**CYBER
AHIMSA**

TRUTHFULNESS

Verify before you share. Don't let misinformation travel through you.



**DIGITAL
SATYA**

NON-STEALING

Don't pirate, copy, or repost without credit.



**CONTENT
ASTEYA**

MODERATION

Practise digital restraint and take detox breaks.



**TECH
BRAHMACHARYA**

NON-ATTACHMENT

Detach from likes, shares, and social media stats.



**MEDIA
APARIGRAHA**

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DIGITAL NIYAMAS

→ Inward digital practices



**SCROLL
SANTOSHA**

CONTENTMENT

Cultivate satisfaction beyond the comparing and endless scrolling.



**FOCUS
TAPAS**

DISCIPLINE Deep work in the digital world—develop focus amidst digital distractions.



**ANALYTICS
SVADHYAYA**

SELF-STUDY Use digital tools to reflect and change your habits, not just track them.



**NOTIFICATIONS
SAUCHA**

PURITY

Clean your digital space by muting distractions as purity begins with presence.



**DIGITAL
PRANIDHANA**

SURRENDER to the idea that not everything online is real, and you are part of a greater, living universe.



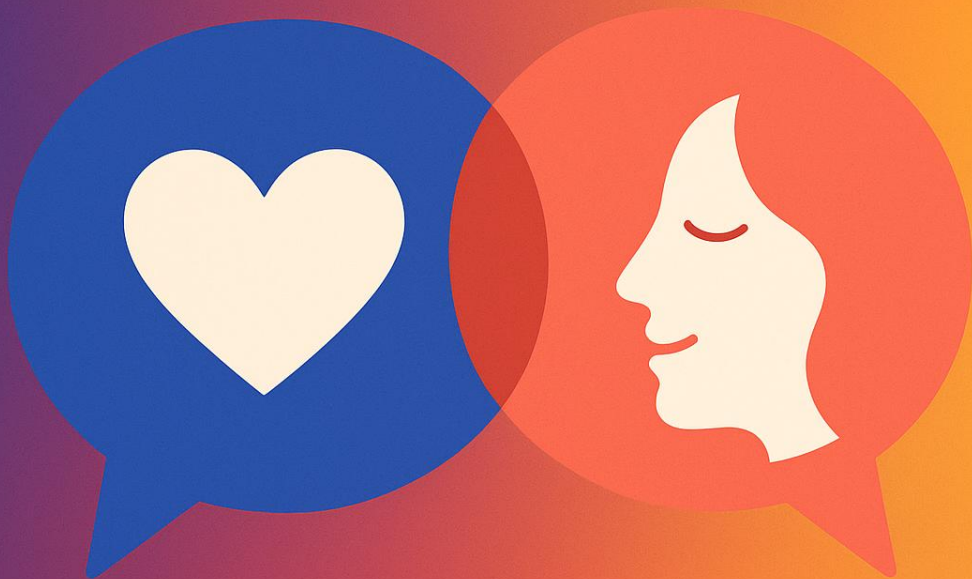
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Encouraging Compassionate Dialogue



CYBER AHIMSA

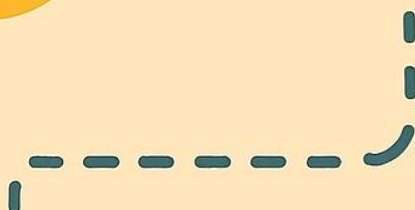
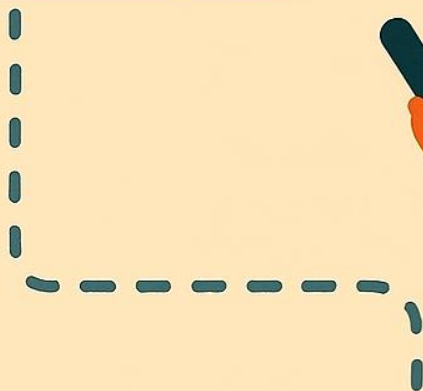
(Ahimsa = Non-violence)



Speak, post, and even
react with kindness.

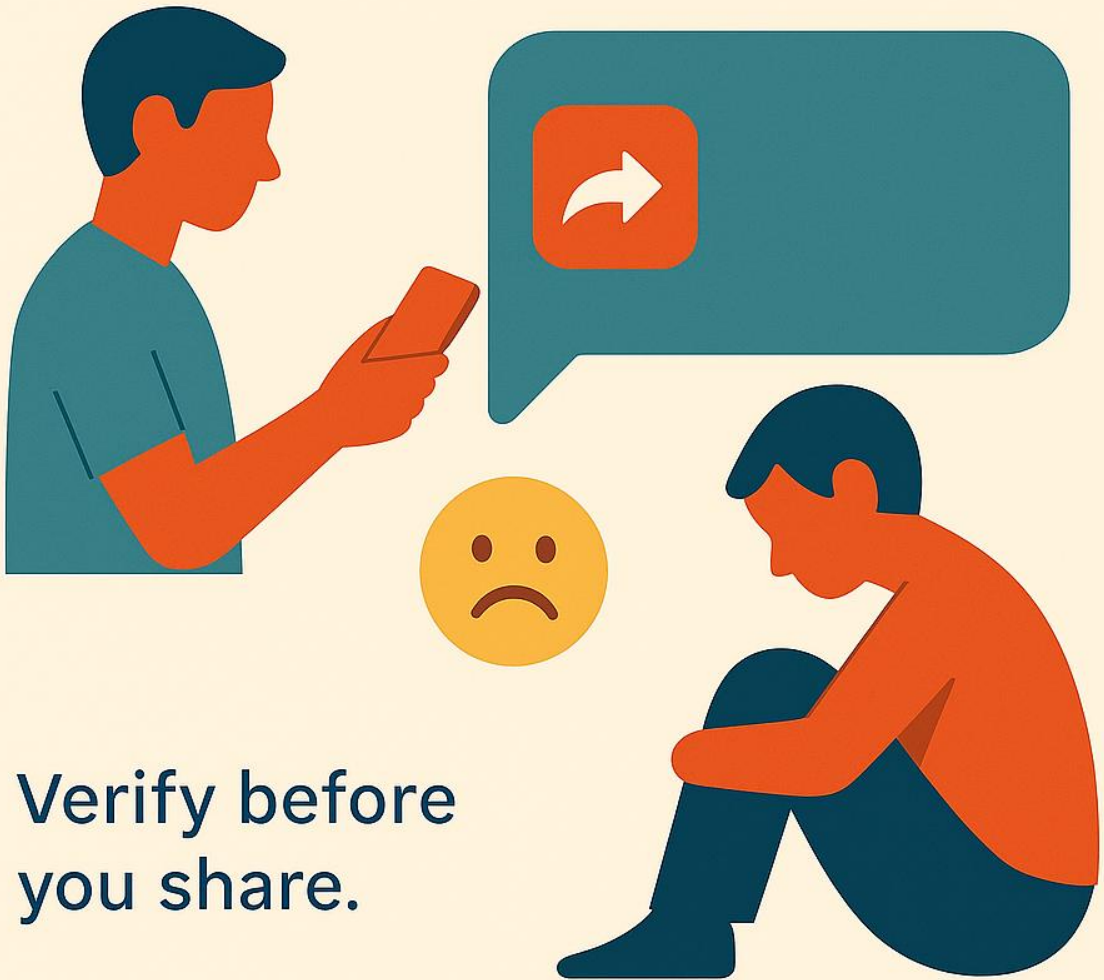
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DIGITAL SATYA

(Satya = Truthfulness)



Verify before
you share.

Don't let misinformation
travel through you.

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SCROLL SANTOSHA

(Santosha = Contentment)



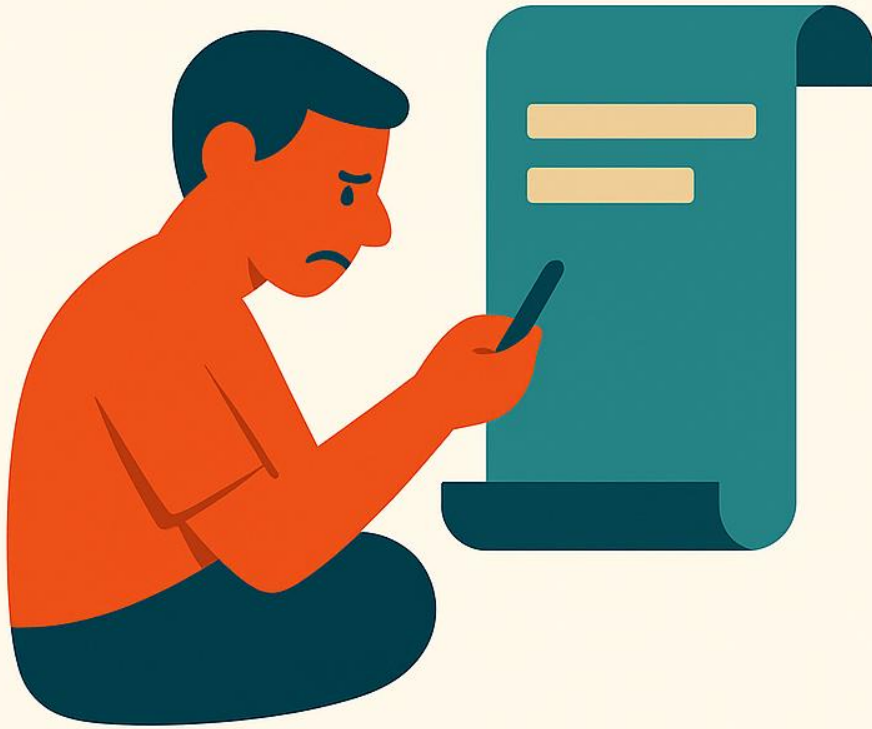
Cultivate satisfaction
beyond the comparing
and endless scrolling.

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SCROLL SANTOSHA

(Santosha = Contentment)



Cultivate satisfaction
beyond the comparing
and endless scrolling.

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ANALYTICS SVADHYAYA

(Svadhyaya = Self-study)



Use digital tools to reflect and
change your habits, not
just track them.

Checkout gurukul8.com.au/resources

DIGITAL PRANIDHANA

(Pranidhana = Surrender)



Surrender to the idea that not everything online is real, and you are part of a greater, living universe.

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EVERYTHING



PRESENT

NOTHING

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About Yamas and Niyamas

Yamas and Niyamas are the foundational principles of yoga philosophy as outlined by Patanjali in the Yoga Sutras. They form the first two limbs and stages of the Eight Limbs of Yoga. Each comprising five foundational principles for ethical and personal conduct.

5 x YAMAS

Yamas are social restraints or how we interact with the world around us.

These are the “do not’s” that help reduce harm and bring harmony to relationships.



NIYAMAS x 5

Niyamas are internal observances, guiding personal discipline and self-growth.

These are the “do’s” that nurture inner peace, clarity and purpose in life.

Sanskrit Yama	Theme
1. Ahimsa	Non-violence
2. Satya	Truthfulness
3. Asteya	Non-stealing
4. Brahmacharya	Moderation
5. Aparigraha	Non-attachment

Sanskrit Niyama	Theme
1. Shaucha	Purity
2. Santosha	Contentment
3. Tapas	Discipline
4. Svadhyaya	Self-study
5. Ishvara Pranidhana	Surrender





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Inspired by the Eight Limbs of Yoga from
the Yoga Sutras of Patanjali

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