Yamas: restraints

Ahimsa - non-violence (compassion towards yourself & others)

Satya - truth (being honest with thoughts, feelings & deeds)

Asteya - non-stealing (being content with what comes to you)

Brahmacharya -Non-excess (self restraint & moderation)

Aparigrah - non-greed (not coveting what others have)

Niyamas: practices

Saucha - purity (cleanliness of mind, body & spirit)

Santosha - contentment (self acceptance)

Tapas - self discipline (heat & perseverance)

Svadhya - spiritual study (self-observation)

Isvara pranidhana - celebration of spiritual enlightenment (surrendering to your higher power)