
Yama

1. Ahimsa
 2. Satyam — truthfulness in speech, thought, and conduct
 3. Asteyam — temperance or non-inclination towards others' property
 4. Brahmacharya — strict celibacy
 5. Kshama — forgiveness of the faults of others
 6. Dhriti — patience coupled with fortitude
 7. Daya — compassion or benevolence
 8. Arjavam — simplicity in life
 9. Mitahara — balance in diet - middle way
 10. Sachem — pure mind in a pure body
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Niyama

1. Tapa
 2. Santosha
 3. Aastikyam — faith in the Vedas and guru
 4. Dana — charity - unity of life
 5. Isvara pujanam — worship
 6. Siddhaanta vyaakhya sravanam — hearing of the scriptures + guru
 7. Hri — humility — remorse at doing any wrong
 8. Mati — intelligence that can reflect on, understand, and reconcile conflicting ideas
 9. Japa
 10. Huta — practice of offering sacrifices - food, drink
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