

# Spirituality Led Ethical Decision Making with Yogic Yamas and Niyamas

- Dharma
- Yogic ethics
- Trust

## THE IDEA IN ONE MINUTE

Shows how yogic restraints and observances support dharma-centred ethical decisions and trust.

1

Yamas guide conduct toward others

2

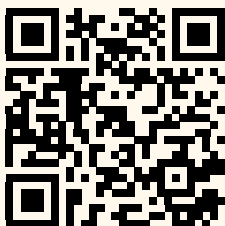
Niyamas cultivate disciplined inner practice

3

Together they strengthen ethical judgement and trust

## WHY THIS MATTERS FOR LIVING DHARMA

Knowledge becomes dharmic when it strengthens responsibility, wise action and care for the interconnected whole.



### READ THE PUBLICATION

Scan the QR code or use the publication link on the online gallery.