## Assignment Task 6.1: Prana and the Pranic System, The Pancha Maya Koshas (Student)

**Formal Assessment and underpinning knowledge for Hatha Yoga and Pranayama**

Choose one of the following:

1. Prana and the Vayus.
2. The Pancha Maya Koshas.
3. The Pranic system; nadis, chakras, kundalini and granthis.

a) Explain your chosen topic quoting from relevant course texts, and where appropriate, informed by modern commentary.

b) Discuss how you would introduce your chosen topic, or an aspect of it, to a Yoga class. Describe how you would build your students’ knowledge and understanding over a course of classes. (You may determine the number of weeks over which your course will run).

c) Discuss the relevance of teaching aspects of the Pancha Maya Koshas, Prana and the pranic system in western yoga classes.

Guideline word count 2000 to 3000 words.

* Written work may include tabular or diagrammatic representations.
* Written work must contain quotations from the Upanishads or be explained by reference to informed modern practical texts or commentary, with all sources correctly referenced and a bibliography.
* Specific assessment criteria are set out in assignment front sheet (AFS) 6.1 that follows.

**Guidelines to help orientate you to this task:**

As always please give your name and BWY number at the start, also write out (or copy and paste) the question at the start.

**Part a) Explain your chosen topic, quoting from relevant texts and where appropriate informed modern commentary.**

Before choosing your subject matter consider which subject you feel you could then examine in part b) where you will need to give your ideas on how you might introduce the subject to a class!

Read through the relevant course handouts given to you earlier in the course and there you will also find some references to useful classical texts for each subject. As a general guide for source material:

**For 1) Prana**:

* Kaushitaki Upanishad 3.2-3
* Prasna Upanishad
* Also the Hatha Yoga Pradipka commentary and/or text

**For 2) Pancha Maya Koshas**: Taittiriya Upanishad & Hatha Yoga Pradipka commentary and/or text

**For 3)** **The Pranic system: nadis, chakras, kundalini and granthis:** Hatha Yoga Pradipika commentary and/or text

You can research in classical and contemporary texts, as well as the web, but be very careful which website you look at as not all information is valid. Please do not refer to Wikipedia, as the authorship is always uncertain and also do not refer to any unprofessional sources on the web such as blogs!

The use of sub-headings is very useful here. Lastly, the maximum number of words for this section will be around 800 to 1200.

**b) Discuss how you would introduce your chosen topic, or an aspect of it, to a Yoga class. Describe how you would build your students’ knowledge and understanding over a course of classes. (You may determine the number of weeks over which your course will run).**

Determine how many weeks you might take to introduce and explore your subject, here 6 to 12 weeks would work well.

Remember to highlight several things and I will be looking for these:

1. The fact that we need to develop the new knowledge and understanding in different ways that will include different learning domains i.e. through skills (psychomotor), knowledge (cognitive) and sensitivity/feeling/attitude (affective).
2. That we can utilize different teaching methods as part of the learning such as:
   1. Short verbal presentation of an idea
   2. Verbal quote from classical or contemporary text
   3. Handouts, written info & images
   4. Posters
   5. Short statements or ‘asides’ to be given within the practices
   6. General comments on yoga practice benefits which can provide more understanding, e.g.
      1. *Asana removes blockages for the movement of the vayus, especially at the joints.*
      2. *Pranayama works directly on the pranamayakosha which will directly affect the manomayakosha, i.e. the mind*
      3. *A balanced asana practice will balance all chakras*
   7. Opportunities for self-reflection e.g.
      1. *For prana: After a practice can you feel more energy available?*
      2. *For prana: Is there a sense of different areas of body being activated during the use of hasta mudras?*
      3. *For nadis: Notice which nostril is more open?*
      4. *For chakras: How does it feel to use a specific chakra as a Drishti in asana?*
      5. *For chakras: What is your experience of chanting the bija sounds of the chakras?*
      6. *For koshas: Did you feel that changing the quality of the breath changed the way your mind functioned?*
   8. Opportunities for discussion or sharing (partners/small groups/whole groups)
   9. You may be able to think of more avenues for learning….
3. That all new information surrounding the pranic system needs to be offered sensitively as students will have different expectations and backgrounds, we cannot preach but we can say ‘yoga says that…’
4. That we can very gradually build up students’ knowledge & understanding little by little rather than overwhelming students with too much information at any one time.

Please be specific regarding giving examples of ways you would develop this over a series of weeks as this part is seeking to elicit an understanding of how you could practically teach the theory of your concept. Keep it as simple and clear as you can, avoiding overthinking it. Here you are welcome to use a tabular format if that would be helpful. Finally, again there will be a maximum of 800 to 1200 words for this part.

**c) Discuss the relevance of teaching aspects of the Pancha Maya Koshas, Prana and the pranic system in western yoga classes.**

Some ideas include the fact that we can:

* Enable students to realize that yoga is not merely a form of exercise, rather that it is has an enormous philosophy underpinning it.
* Develop the understanding that we are not simply the body and the mind, that the truth according to yoga is that there are many levels of being and they are all interdependent.
* Recognise how yoga practices keep us well, by directly affecting our pranic system, making it free flowing and increasing energy available to us.
* Emphasize how positive changes in the pranic system will have a direct effect upon the functioning of the mind & emotions
* Create a deeper understanding of how practices e.g. asana, pranayama etc. are affecting us on a more subtle level. i.e. asana balancing chakra, nadi sodhana balancing ida & pingala nadis, all of which can be related to the benefits of the practices
* Inform students practice so it becomes more subtle and individual, refined
* Provide rationale behind more advanced bandhas, kumbhaka so they are treated with respect
* Help when something unexpected happens energetically by providing a framework of deeper understanding
* Offer a different way of viewing the world, rather than that which we know through the senses, aligning us more with a view of prana, quantum, vibration, resonance etc.

This section needs to be around 400 to 600 words maximum.

**Guidelines to help you structure & reference your assignment:**

**1) Structuring your assignment**

Please remember to write down the assignment question as the first thing you do and also sub-headings can be very useful.

**2) Referencing:**

When you are presenting information that is common knowledge such as Patanjali is sometimes known as the father of yoga or there are eight limbs within Classical Yoga, then no referencing is required.

However, when you are paraphrasing some information, i.e. putting what has been read into your own words, then you must provide a reference such as stating Swami Vivekananda (1898) suggested that.... (Your own words)

If, however you are giving a direct quotation then you will need to place the actual words in quotation marks for instance Swami Muktibodhananda Saraswati (1993) states “If harmony is not created in the personality then self-control and self-discipline will create more conflict than peace of mind.”

Then at the end of your assignment all of the sources you refer to either through paraphrasing or direct quotation can be listed in your bibliography, along with all sources you have consulted which have not been used as citations.

**3) Your Research & Bibliography**

Remember when you are researching to keep notes on the sources used, whether or not the sources have been used for actual referencing. These will all be written up in your bibliography in three sections as shown below:

**Texts:**

Author’s surname, year of publication, which edition if other than first, publishing house: city of publication, page numbers

**Journal Articles:**

Author name, year, title of article, title of journal, volume/issue number, page numbers

**Electronic:**

Author name (if known), date published (if known), Title of information, type of media (e.g. email, forum, online), electronic address (url) or email, date accessed the source

**Assessment Front Sheet: The following is the AFS against which this assignment will be marked, which should be fairly familiar by now!**

|  |  |  |
| --- | --- | --- |
| **Name of Student Teacher:** | | **Date:** |
| **Written work must include:** | **P/R** | **Tutor’s Comments:** Tutors must consider assessment criteria for the above learning outcomes when assessing these items. |
| 1. Consideration of all parts of chosen essay title. 2. Explanation of philosophical concepts. 3. Introduction of topic to students in a yoga class; development over a course of classes. 4. Discussion of the relevance of teaching aspects of the subject matter in western yoga classes.   ***Refer to Assessment Criteria 2.1 and Assessment Criteria 2.2 above*** |  |  |
| 2. Structure, organisation and development of material selected.  ***Refer to Assessment Criteria 2.1 and Assessment Criteria 2.2 above*** |  |  |
| **3. Evidence of discriminative, analytical and independent thinking**. Is the work written to the standard expected of a level 4 piece of work? |  |  |
| 4. **Are sources acknowledged and correctly referenced;** including use of an acceptable bibliography? |  |  |
| **General comments of tutor/assessor:**  Signature: Date: | | |
| **Student Teacher’s comments: *Student to add any comments referring to the tutor’s assessment feedback***  Signed (student teacher): Date: | | |
| **A Student Teacher’s Reflection on Written Work (page 31) should be completed by the student after Tutor feedback** | | |

**Please Note:**

The absolute deadline for this assignment is our **meeting 8 in September** because the final Part 2 assignment on the Hatha Yoga Pradipika will be set at meeting 9 in October.