## Assignment Task 6.2: The Hatha Yoga Pradipika (Student)

**a) Explain the purpose of hatha yoga as described in Hatha Yoga Pradipika (HYP) and give a brief summary of the content of the four chapters.**

**b) Discuss one of the following topics (include references to the HYP where appropriate):**

* Shatkarma - kapalabhati, trataka, nauli, jivashodhana and jalaneti.

Explain how you would introduce kriya into your teaching.

* Pranayama – Nadi Shodhana, Ujjayi, Surya Bhedana, Sitali, Sitkari, Bhastrika, and Bhramari.

Explain how you would introduce and teach pranayama to a mixed ability class.

* Mudra as described in HYP. Explain how you would introduce mudra into your class teaching.
* Bandha- Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha. Explain how you would introduce bandha into your class teaching.

Guideline word count 2000 to 3000 words Suggested weighting 40/60.

Written work may include tabular or diagrammatic representations.

Written work must contain quotations from the Hatha Yoga Pradipika and be explained by reference to informed modern practical texts or commentary. Answers should distinguish between what was written in the original text and what constitutes modern interpretation.

Specific assessment criteria are set out on the assignment front sheet (AFS) 6.2.