## Assignment Task 7.1: The Upanishads and the Bhagavad Gita

Discuss in depth ONE of the following themes with reference to passages from the source texts and informed commentary. Give personal views on what the theme means to you and the relevance of teaching aspects of the Upanishads or the Bhagavad Gita to students in western yoga classes

1. The Soul or Self.
2. The Mantra OM and states of consciousness.
3. Karma and Reincarnation.
4. Meditation as a means to Self-discovery.
5. Non-duality and Brahman.
6. Paths of Yoga: Karma, Bhakti, Jnana and Raja Yoga summarising the paths and choosing ONE to discuss in depth.

Your work should demonstrate personal research by including references from your source Upanishad or the Bhagavad Gita and at least one other Upanishad or course text.

Guideline word count: 1,500 to 3,000 words. Detailed assessment criteria appear in the assessment front sheet (AFS) 7.1 that follows.

* **Please remember to write out the whole question (copy & paste the above) at the start of your assignment.**
* **Do put all direct quotes in “quotation marks” and give the source e.g. Easwaran, E. (2001, page 12) says…..**
* **Please remember to include a bibliography at the end , with the date accessed for any electronic sources.**
* **Ensure you include reference to the core text you are exploring, as well as to at least one other of our core texts.**
* **Do not forget to include your personal views.**
* **Also, you will need to consider the relevance of teaching aspects of the Upanishads and/or Gita to your classes.**
* **We shall be looking at the Bhagavad Gita and the Paths of Yoga next time at our February meeting so you may wish to wait until after next meeting to start this assignment.**
* **You have until our March meeting to get your assignment to me.**
* **As always do ask if you need any help with this!!**