## 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 as below]

* For part a) see your handout ‘Overview of Hatha Yoga and the HYP’, also the introduction in the HYP and chapter 1 v1 to v11 of the HYP.
* For part b) you could choose a practice that you feel would benefit from further research or perhaps one that you feel very comfortable with. Make good use of our course handouts and make reference to the HYP, making it clear as to whether your references are from the actual text or the commentary.
  + You will need to give a good definition/explanation of what the overall practice is, with some reference to the text.
  + Succinctly explain what the listed techniques are, giving cautions and benefits.
  + Discuss how you would incorporate the practice into your **mixed ability** classes and to do this it can help to think in terms of:
    - Highlighting the need to ensure it meets the needs of your students so is relevant and a realistic proposition for a particular group in a particular environment
    - That it would be taught gradually over time, with information & skills being presented in ‘digestible’ pieces, with lots of repetition
    - That we will aim to use a variety of teaching methods to ensure the richness of the class and to meet the needs of different learning styles e.g. verbal presentation, visual aids, demonstration using self and/or students, verbal instruction of precise teaching points, handouts, adjustment, pair work etc.
    - That generally speaking, where relevant, we teach the practice alone at first and then it can be incorporated into a practice e.g. mula bandha taught alone and then added to asana such as utkatasana, i.e. moving from simplicity to more complexity
    - That we always provide alternatives when prohibitions are present, and for practices such as pranayama we will stage the practices so students can stay at a suitable stage without the need to move onwards.
    - You are welcome to make a brief course plan to show the order in which you might present different pieces of information and skills, although this is not necessary as such.

## AFS Unit 6: Task 6.2, Hatha Yoga Pradipika (Tutor)

**Written Work Front Sheet**

|  |  |
| --- | --- |
| This task provides evidence for the following qualification learning outcomes and assessment criteria for Unit 6: | |
| **Learning Outcome 1: Know and Understand the principles of Hatha Yoga.** | |
| **Assessment Criteria 1.1:** | *Describe the principles of Hatha Yoga with reference to the Hatha Yoga Pradipika.* |
| **Learning Outcome 3: Know and understand Pranayama, Mudra, Bandha and Kriya:** | |
| **Assessment Criteria 3.1:**  **Assessment Criteria 3.2:** | *Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga*  *Describe the theory, practice and teaching of the chosen aspect with areas for caution* |

|  |  |  |
| --- | --- | --- |
| **Name of Student Teacher:** | | **Date:** |
| **Written work must include:** | P/R | **Tutor’s Comments:** consider the learning outcome assessment criteria above when assessing these items. |
| 1. a) Summary of the content and purpose of the system of Hatha Yoga set out in the Hatha Yoga Pradipika  ***Refer to Learning Outcome 1: Assessment Criteria 1.1*** |  |  |
| b) Explanation of chosen essay topic including consideration of all aspects specified in the essay title  ***Refer to Learning Outcome 1: Assessment Criteria 1.1***  ***Refer to Learning Outcome 3: Assessment criteria 3.1 & 3.2*** |  |  |
| 2. Structure, organisation and development of material selected. |  |  |
| 3. Evidence of a reasoned practical approach to the application of philosophical theory to class teaching.  ***Refer to Learning Outcome 3:***  ***Assessment Criteria 3.1 and Assessment Criteria 3.2*** |  |  |
| 4. **Evidence of discriminative, analytical and independent thinking**. Is the work written to the standard expected of a level 4 piece of work? |  |  |
| 5. **Are sources acknowledged and correctly referenced;** including use of an acceptable bibliography? |  |  |