**PYS 7.2d Guidelines**

**The whole assignment question to be cut and pasted into the start of your assignment is:**

## Assignment Task 7.2: The Yogasutra of Patanjali (Student)

With reference to the text and informed commentary

a) Discuss the purpose of Patanjali’s System of Yoga with specific reference to the first four Sutras.

1. Describe the yamas and niyamas and discuss their relevance to you and your teaching.
2. Explain the meanings of dharana, dhyana and Samadhi. Identify and discuss possible objects of meditation suitable for a general yoga class.
3. Discuss one of the following :

* Abhyasa and Vairagya.
* Klesha.
* Kriya Yoga.
* Vikshepa.
* Significance of Ishwara.

Guideline word count: 3,000 to 4,000 words. Suggested weighting 25% on each part, meaning each part is around 1000 words.

**NB: Please add each part i.e. a), b) etc. to the same document so it is gradually completed over the next few months.**

**Guidelines for part d): Discuss the purpose of Patanjali’s System of Yoga with specific reference to the first four Sutras.**

Completing part d) should be quite straightforward where you just need to **choose one** subject to explore. The word count for this part should again be around 1000 words.

**Referencing and Bibliography:**

Always write everything in your own words and when you refer to an idea or give a direct quote please acknowledge this in the body of the assignment e.g. Beck. S says that…. or “Ultimately we will have experientially realised that the mind is also an object” (Beck, S. May 2020)

For your bibliography simply build it up as you complete each part of the assignment remembering to list your sources in alphabetical order according to surname.