

Summative Assignment 5 Guidelines: Hatha Yoga Pradipika

Refer to the key text, commentators and acknowledged experts.

Summative Assignment 5 – Hatha Yoga Pradipika
(1) Explain the purpose of the HYP. Briefly summarise the chapters and relate to modern yoga.
(2) Discuss Pranayama and relate to contemporary teaching.
(3) Outline how a selected Pranayama practice may be developed over a series of lessons for a mixed ability class. Include a brief 6 to 10 weeks course plan.
(4) Reflect on and evaluate 2-month personal Pranayama practice.
Bibliography:

Question 3

You will need to give a succinct overall outline of how you would develop a specific pranayama technique over a period of 6 to 10 lessons. Good choices of a technique would be Ujjayi or Nadi Sodhana. Remember this is for a mixed ability class so an important element to focus on is staging, which will become necessary as the pranayama technique is developed over a series of lessons. Refer to our handouts and include elements such as:

- The inclusion of natural breathing (before, between rounds, afterwards)
- Use of technique with no ratio
- The need for staging due to conditions, ability, inexperience
- Need for gradual progression through ratios
- Importance of students' self-observation; what are the signs we must stop?
- Any significance of the teacher's role regarding staging e.g. discussions
- Potential uses of mudra/bandha
- Accompanying focus/bhavana (qualities/attitude)
- Maybe some opportunity arises for accompanying theory (benefits, rationale, associated theoretical points)?

Then include a brief course plan for the chosen technique and to do this a tabular format might be the most useful. The course plan must cover 6 to 10 lessons (a series of 8 lessons might be good) and clearly give the content covered in each weekly lesson. Headings for your mini lesson plan might include: Content (to include seated position), Cautions (for seated position & technique), Potential Modifications, Benefits/Rationale, Comments

Question 4

We can submit your two diaries so please ensure they are typed up and coherent then give a summary passage for your overall experience and how this may be reflected in your future teaching.

If you are unsure of anything, please just ask.

Due Date: 19.02.23

Summative Assignment 5 Guidelines: Hatha Yoga Pradipika