

## Patanjali's Yoga Sutras: Summative Assessment S8

### Question 1 Guidelines

Summative Assignment Patanjali (Foundational Knowledge Unit)	
(1)	Explain your understanding of the first four verses of the Sutras. Describe their significance in a contemporary context.
(2)	Briefly explain the meanings of dharana, dhyana and Samadhi. Give rationale for how you would introduce and teach Concentration/Meditation to a mixed ability class; include a brief 10 week course plan.
(3)	Discuss two of the follow including personal relevance: (a) Abhyasa and Vairagya (b) Klesha (c) Kriya Yoga (d) Vikshepa (e) Ishwara
(4)	Describe how a philosophical principle can be integrated in the teaching of a general yoga class

Refer to the key text, commentators and acknowledged experts.

#### For question 1:

Please refer to our class handout 'PYS 1: An Introduction to the Yoga Sutras of Patanjali, and also read pages 9 to 23 in Carrera's book 'Inside the Yoga Sutras', our course text.

To answer this question you will need to give an explanation of your understanding of the four sutras and remember it is always good to include reference to different translations of these four sutras.

You will also need to also discuss ways in which this can be significant for us in our lives today.

