

Patanjali's Yoga Sutras: Summative Assessment S8

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.

For question 2:

1) First you will need to give a definition of dharana, dhyana and samadhi, making some reference to the PYS and perhaps other sources. Include at least one or two direct quotes. Keep it straightforward and simple.

2) Then outline your approach for introducing meditation to a group of mixed ability students. To do this think in practical terms, projecting yourself into a teaching situation and refer to our handout on 'An Introduction to Teaching Meditation'. Bear in mind:

i) When would you introduce concentration/meditation in the classes? And why?

ii) When might you explore the possible seated positions, introducing potential aids which may be useful? Are there some examples of aids which may help specific individuals?

iii) What will inform your choice of meditation techniques?

[Choose a series of meditations which are an intelligent progression. You can offer duplicate practices i.e., the same technique, for two weeks only twice so you show a good range of techniques overall and can include new theory for the second time of teaching the same practice.]

iv) What will be the length of time for meditations in a class? Will it differ over the duration of the course? Why?

v) Will there be any accompanying theory, if so, why?

vi) Consider ways there can be on-going assessment of students' progress, and why is this important?

vii) is there anything else you would like to include in your discussion?

Finally, create a 10 week course plan making sure you outline the technique for each week, the duration of practice, any specific cautions and their modifications/alternatives, the main teaching point(s) to be conveyed.

For question 3:

Please choose two of the possible concepts to discuss and remember to include reference to what they mean to you. Refer to our class handouts, remembering to include quotes from the PYS and other sources.

For question 4:

To describe how a philosophical principle can be integrated in the teaching of a general yoga class please refer back our class handout and our class discussion, including some examples and adding your own ideas.

