

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 2

There is no formal word count for this assignment but for this question between 250 and 500 words should work well. You may find the following structure is a useful one:

- (1) Initially give a paragraph or two concerning the primary purpose of pranayama, remembering to include at least two direct quotes from the HYP and other classical and/or modern sources. Some useful HYP sections are listed below and do use our handout of quotes if that helps.
- (2) For the second aspect of the question, you can then write two or three paragraphs on the different accessible benefits of practicing pranayama in the modern day. This can be in generalised terms such as its effect on the mind etc. see the HYP and The Purpose of Pranayama given to you earlier. And checking on our current and previous 'Techniques of Pranayama' & Pranayama handouts you might like to give some simple examples of the specific benefits of some pranayama techniques such as how Brahmari (Bee Breath) releases mental irritation, soothes etc.
- (3) Finally, giving a brief conclusion perhaps summarising how simply focusing on teaching asana our classes does not allow for the full benefit of Hatha Yoga to be experienced by students, how pranayama naturally follows on from asana, and how once learnt pranayama it's techniques can be used as useful tools in everyday life.

Please use our usual method of acknowledging quotes and writing a bibliography, a copy of which is on our website if you need it. And as you are writing your answer it is helpful to gradually add your sources to the bibliography to save you looking for them later. Remember everything must be written in your own language to avoid inadvertent plagiarism, with all direct quotes in "quotation marks" and other's concepts acknowledged.

If you are unsure of anything, please just ask. Due Date: 8.01.23

HYP Chapter 2:

Summative Assignment 5 Guidelines: Hatha Yoga Pradipika

- v2 *Steady prana equals steady mind*
- v6 *Practice with sattvic state of mind (need a focus) removes impurities*
- v7-9 *Nadi Sodhana*
- v16 *Eradicates disease*
- v18 *Skilfully work with prana, using inhalation/exhalation/retention*
- v21 *Use shatkarmas if needed*
- v37 *Some say pranayama also removes impurities*
- v40 *Breath retention induces absorption*
- v41 *Retention purifies nadis & chakras*
- v44 *Eight kumbhakas (pranayama techniques)*
- v45-46 *Bandhas complete the practice of pranayama*
- v71-74 *Parts of breath and two types of breath retention*