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| **Summative Assignment 5 – Hatha Yoga Pradipika** |
| 1. Explain the purpose of the HYP. Briefly summarise the chapters and relate to modern yoga. |
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| 1. Discuss Pranayama and relate to contemporary teaching. |
| 1. 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. |
| 1. Reflect on and evaluate 2-month personal Pranayama practice. |
| Bibliography: |

Refer to the key text, commentators and acknowledged experts.

**Question 1**

**Please copy and paste the table above and use this for your answer** (a copy will be emailed to you)**.** Within your answer in essence, you are meeting assessment criteria D1.1 where you are asked to **explain key concepts of Hatha Yoga as contained with the Hatha Yoga Pradipika.** Also,D1.2 where you are asked to **describe their significance to contemporary teaching.**

There is no formal word count for this assignment but for this first question between 500 and 700 words should work well.

1. So, please initially refer to our class discussion on the Purpose of Hatha Yoga in HYP and give a paragraph or two outlining this, remembering to include at least two direct quotes from the HYP, which can be from the introduction, verses, or commentary on the verses. Ideally you will also find quotes from other sources showing research. Please include reference to Prana, Kundalini & Moksha (Liberation) in your answer.
2. For the second aspect of the question where you asked to give a brief outline of the four chapters I advise basing your answer on the headings given in the handout, and you might like to check through the HYP seeing if there are any other important areas you want to add, just getting a sense of what the HYP contains. Do ensure you include mention of the main four techniques of Hatha Yoga i.e. Shatkarma (Kriya), Asana, Pranayama and Mudra/Bandha where for each of these briefly indicate their value for modern yoga practitioners.
3. Finally, give a brief conclusion summarising the overall potential benefits of Hatha Yoga for modern day practitioners, providing generalised statements, perhaps with some reference to more specific examples.

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: 13.11.22