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| **Summative Assignment 8: Patanjali’s Yoga Sutras** |
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| 1. Explain your understanding of the first four verses of the Sutras.

Describe their significance in a contemporary context. |
| 1. 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. |
| 1. Discuss two of the following, including personal relevance:
2. Abhyasa and Vairagya
3. Klesha
4. Kriya Yoga
5. Vikshepa
6. Ishwara
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| 1. Describe how a philosophical principle can be integrated in the teaching of a general yoga class
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| Refer to the key text, commentators and acknowledged experts.Bibliography: |