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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 |
| 1. 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.  Bibliography: |