

Asana of Yama and Niyama

Instructor's Name: Carol Parvati Knight

Class Name: Asana of Yama & Niyama

Course Date: Tuesday, March 15, 2016

Class Time: 6-9pm

Location of Class: Meru Classroom, CSE Grace Building

COURSE DESCRIPTION

In Patanjali's Yoga Sutras the first two limbs of the eight limbed path of Ashtanga Yoga are the five yamas and the five niyamas. In this class we will explore how these ten virtues can be experienced and embodied. We will examine the outward behavior, inner attitudes and mastery level as we apply these principles to Hatha Yoga.

COURSE OBJECTIVES

- The student will be able to define Ashtanga Yoga and its components in English and Sanskrit.
 - The student will be able to identify and define the five yamas of the first limb of Ashtanga Yoga in English and Sanskrit.
 - The student will be able to identify and define the five niyamas of the first limb of Ashtanga Yoga in English and Sanskrit.
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ASSIGNMENT

- Define Ashtanga Yoga
 - Define five yamas, and five niyamas
 - Arrive early—be seated and ready to begin at least 5 minutes prior to scheduled start time
 - Bring an empty stomach/bladder to class
 - Turn off all electronics
 - Come dressed for physical activity allowing proper range of motion
 - Bring a yoga mat, blanket or towel
 - Attend class and actively participate
 - Observe silence when appropriate
 - Turn in class evaluation/reflection on your experience of Hatha Yoga during this class
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Plagiarism is the use of words, ideas or views of another person as if they were your own. Plagiarism is contrary to the spiritual practices of truthfulness (Satya) and of non-stealing (Asteya) — it is considered to be a form of intellectual dishonesty and, as such, is a serious academic offense. The potential penalties range from receiving “no credit” in the course, to a letter of discipline placed in the student's permanent academic file, or even suspension or expulsion from the seminary program. Plagiarism includes: passing off another's written work as your own—whether from a book, magazine, website, paper... any form; failing to give credit to your sources for the ideas, information, and words you have borrowed from them; not quoting when you use another's exact words; not changing the wording or sentence structure significantly enough when you paraphrase a source.