

PREPARATION FOR MODULES 11 AND 12  
Major Texts and Independent Study Project

Major Texts:

Please read the required major texts in full, including introduction:

*The Yoga Sutras of Patanjali* by Alastair Shearer

*The Tao of Pooh* by Benjamin Hoff

Independent Study Project:

You are responsible for committing about ten outside (non-classroom) hours to your project, which Yoga Alliance recognizes as elective hours within a 200-hour certification curriculum.

Your ISP is two parts: You will complete an individual and a group assignment. Your hours for your individual assignment will consist of time planning for, conducting, writing, and reporting on a chosen and approved project. Your hours for your group assignment will consist of meeting, planning, delegating, and executing tasks including a brief presentation. Your program director must approve your individual project, is available to help you choose a topic, and can help direct you to helpful research sources; your program director will assign your group project.

I. Individual Assignment: Pick One

- (1) Research, write, and present for 20 minutes followed by a 5-minute Q&A in one of these general categories: Yoga History; Yoga Philosophy; Ancient Yoga; Modern Yoga; Yoga and Technology; India and China History, Culture, Politics, and Yoga; Energy Anatomy; Spirituality, Myth, and/or Religions as They Relate to Yoga; The Business of Yoga. {Not acceptable as a topic: “Yoga for \_\_\_\_\_” or, in other words, yoga poses and exercises that help a special population or with a particular ailment.}
- (2) Research, write, and present for 20 minutes followed by a 5-minute Q&A on one of the many groups, populations, and demographics for whom the practice of one or more limbs of yoga has been identified through study and/or scientific research as being beneficial.
- (3) Research, write, and present for 20 minutes followed by a 5-minute Q&A on the topic Anatomy for Yoga Teachers based on what we are learning in the training and any other anatomical aspect pertinent to yoga that you find interesting.
- (4) Present for 20 minutes followed by a 5-minute Q&A a personal yoga map that you create based on your life and yoga journey. Your map should include personal, historic, philosophical, yoga-style-specific, and/or geographic icons of meaning to you. Your map should help the viewer understand both the

importance of yoga in your world and the importance of yoga in general as a source for information.

(5) A project approved by Marcia.

II. Group Assignment: Details tbd

Each assigned group will provide a written summary and 10-minute group presentation on writings in the field of yoga, details forthcoming.