

Y O G A P S Y C H O L O G Y

ASSIGNMENTS

O N L I N E T R A I N I N G



Y O G A P S Y C H O L O G Y
A S S I G N M E N T S

Welcome!

There are six parts to your assignment for this section on Yoga Psychology.

These are designed to support you to integrate and consolidate the knowledge from this section.

Please take some time to do the reflections and the self directed practicum tasks thoughtfully.

The reflections are both about your personal journey and about your teaching journey.

The self directed practicum requires you to do two practices, one on your own at home (or wherever you do your personal practice) and other to attend a yoga class of your choice, so you get the experience of being a student.

There is one assignment task per page, with ample space for you to write your reflections. But if you prefer to copy the assignment tasks into your journal or onto your computer, please feel free to do so.

Once you have completed all the assignments for this section, please make sure that you tick the Yoga Psychology checkbox on the Assignment Checklist page.

With gratitude,

A handwritten signature in cursive script that reads "Lauren".

Y O G A P S Y C H O L O G Y A S S I G N M E N T S

1. REFLECTIVE JOURNAL

Reflect on how you're bringing the yamas and niyamas into your own life, including what you're already doing and what you're working towards (remembering we're looking for progress not perfection).

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2. REFLECTIVE JOURNAL

Reflect on how you're bringing the yamas and niyamas into your yoga teaching, including what you're already doing and what you're working towards (again, we're looking for progress not perfection).

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3. REFLECTIVE JOURNAL

Reflect on the predominance of the guṇas in you, in the past and currently.

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4. REFLECTIVE JOURNAL

Reflect on how your mental health shows up in the koshas.

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5. SELF DIRECTED PRACTICUM

Do a personal yoga practices (self practice) then reflect on the effects of the practice on the koshas and gunas.

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6. SELF DIRECTED PRACTICUM

Go to a yoga class of your choice (as a student) then reflect on the effects of the class on the koshas and gunas. If you are unable to attend a live face-to-face class, attend a live online class instead.

T H A N K Y O U

