

Week 5 Assignment: (This will not be graded. Use this week's reading materials and internet to research)

Sequencing:

1. What are some other examples of possible "warm-ups" for our asana practice, other than those listed on the sequencing handout?
2. What are some other examples of standing, seated, and closing postures (fill in blanks on sequencing handout)?
3. What are some of the benefits of following a set sequencing framework?
4. What might be a disadvantage of following a set sequencing framework?

Pranayama:

5. Familiarize yourself with the terms "nadis," "ida," "pingala," and "sashumna" and look at the illustration on page 15.
6. What do you think is represented on the ida/pingala/sashumna illustration by the points where these 3 nadis intersect?
7. What might be some differences between regular breathing practices and pranayama?
8. Refresh yourself on the terms puraka, rechaka and kumbhaka and how they relate to pranayama.

Eight Limbs:

9. Notice ways to incorporate the eight limbs into your everyday life this week.
10. Pick one of the ten (10) yamas and niyamas, and write a short statement for personal use about your practice of it this week .