

Week 4 Assignment: (This will not be graded. Use this week's reading materials and internet to research)

1. Note that the Yoga Sutras are divided into four (4) chapters or "padas." When you see "II:5" that means second pada, 5<sup>th</sup> sutra of the second pada.

Upon reading the first pada, sutras 1-4 (I:1-4), how does Patanjali describe and define yoga?

2. You have read several descriptions of the Yamas and Niyamas as described by Patanjali, Pattabhi Jois, and Sharath Jois. What questions arise? How would you apply these principles to your life and yoga practice?
3. How many total sutras are there in the Yoga Sutras? How many sutras did Patanjali devote to asana? What do you think is the significance of that?
4. What are the names and meaning of the names of the four (4) padas of the Yoga Sutras?
5. Review the eight limbs and commit them to memory – not necessarily the Sanskrit names, English is fine. What questions do you have about the eight limbs of yoga?
6. Which limb does Pattabhi Jois stop at in the Yoga Mala? Which limbs does Sharath Jois describe at in Yoga Anusthana? Do either of them describe the higher limbs? Why or why not?