

Week 3 Assignment: (This will not be graded. Use this week's reading materials and internet to research)

1. How are the above individuals (from the quiz) connected?

2. What is parampara?

3. Look up the following important texts and familiarize yourself with what they are, who they are written by, and when they were written:
 - a. Yoga Sutras;

 - b. Hatha Yoga Pradipika;

 - c. Upanishads;

 - d. Yoga Korunta; and,

 - e. Bhagavad Gita