

## **Course Title: Yoga Sutra: Teaching & Practices**

### **Course Code**

#### **Course Description:**

The course "Yoga Sutra: Teaching & Practices" provides an in-depth exploration of the Yoga Sutras of Patanjali, one of the foundational texts of classical yoga. The course delves into the origins and development of yoga, introduces the Patanjali Yogasutra, and examines the definition and essence of yoga. It covers the key concepts and practices outlined in the text, including Samadhi Paada, Saadhan Paada, Vibhuti Paada, and Kaivalya Paada. Students will engage in practical exercises, meditation, and discussions to deepen their understanding and experience of the Yoga Sutras. The course emphasizes the application of yogic principles in daily life for personal growth and self-realization.

#### **Course Objectives:**

1. To provide students with a comprehensive understanding of the origins and development of yoga as a spiritual and philosophical practice.
2. To introduce students to the Patanjali Yogasutra and its relevance in contemporary yoga teachings.
3. To explore the concepts of Chitta Vritti, Pramanas, Ishwar, Kleshas, Yama, Niyama, Aasan, Pranayama, and Prtyahara as outlined in the Yoga Sutras.
4. To guide students in developing a deeper understanding and practical application of Dharana, Dhyan, Samadhi, Siddhis, Kaivalya, Asanas, Pranayama, and Prtyahara.
5. To facilitate experiential learning through guided practice, meditation, and self-reflection, allowing students to integrate the teachings of the Yoga Sutras into their own lives.
6. To foster a supportive and inclusive learning environment where students can engage in meaningful discussions and explore the transformative potential of yoga.

#### **Learning Outcomes:**

**LO1:** Demonstrate a comprehensive understanding of the origin, historical development, and philosophical foundations of yoga.

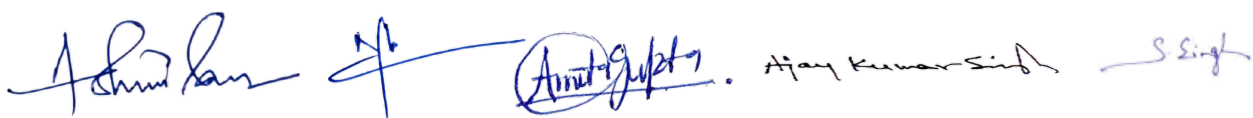
**LO2:** Analyze and interpret the teachings of the Patanjali Yogasutra, including its structure, terminology, and key concepts.

**LO3:** Apply the principles of Chitta Vritti, Pramanas, Ishwar, Kleshas, Yama, Niyama, Aasan, Pranayama, and Prtyahara in personal yoga practice and daily life.

**LO4:** Cultivate proficiency in the practices of Dharana, Dhyan, Samadhi, Siddhis, Kaivalya, Asanas, Pranayama, and Prtyahara, through regular practice and reflection.

**LO5:** Develop skills in meditation and self-reflection to deepen awareness and experience of inner stillness and spiritual connection.

**LO6:** Engage in critical analysis and reflective discussions on the transformative potential of yoga, including its ethical, philosophical, and practical dimensions.



Handwritten signatures of the course faculty members: Ashwini, Anurag Gupta, Anurag Kumar Singh, and S. Singh.

## **1. Introduction**

- 1.1 Origin and development of Yoga
- 1.2 Introduction to Patanjali Yogasutra
- 1.3 Definition of Yoga

## **2. Samadhi Paada, Saadhan Paada**

- 2.1 Concept of Chitta Vritti, Prmanas
- 2.2 Concept of Ishwar, Kleshas
- 2.3 Yama, Niyam, Asana, Pranayama, Pratyahara

## **3. Vibhuti Paada, Kaivalya Paada**

- 3.1 Dharana, Dhyana
- 3.2 Samadhi, Siddhis, Kaivalya
- 3.3 Asanas, Pranayama, Pratyahara

## **4. Practice and Meditation**

- 4.1. Techniques of Asanas (Yoga postures)
- 4.2. Pranayama (Breathing exercises) and its benefits and Pratyahara (Withdrawal of senses) and its practice.
- 4.4. Dharana (Concentration) techniques and Dhyana (Meditation) practices

## **5. Practice and Meditation**

- 5.1 Deepening the Understanding of Asanas through regular practice
- 5.2 Exploring Advanced Pranayama Techniques and Developing a Consistent Pratyahara Practice
- 5.3 Enhancing concentration and focus through Dharana exercises and Cultivating a regular meditation practice

The image shows four handwritten signatures in blue ink. From left to right: the first signature is 'Ajay Kumar Singh', the second is a stylized 'S' with a vertical line, the third is 'Anand Gupta' with a circular flourish, and the fourth is 'S Singh'.

### Suggested Readings:

1. Patanjali Yoga Sutras, Swami Vivekananda
2. Feuerstein, Georg. The Yoga Tradition: Its History, Literature, Philosophy and Practice. Hohm Press, 2001.
3. Iyengar, B.K.S. Light on the Yoga Sutras of Patanjali. HarperCollins, 1993.
4. Satchidananda, Swami. The Yoga Sutras of Patanjali. Integral Yoga Publications, 2012.
5. Saraswati, Swami Satyananda. Four Chapters on Freedom: Commentary on the Yoga Sutras of Patanjali. Bihar School of Yoga, 2002.
6. Taimni, I.K. The Science of Yoga: The Yoga Sutras of Patanjali in Sanskrit with Transliteration in Roman, Translation and Commentary in English. Theosophical Publishing House, 2014.
7. Desikachar, T.K.V. The Heart of Yoga: Developing a Personal Practice. Inner Traditions, 1999.
8. Maehle, Gregor. Ashtanga Yoga: Practice and Philosophy. New World Library, 2007.
9. Swenson, David. Ashtanga Yoga: The Practice Manual. Ashtanga Yoga Productions, 2007.
10. Bryant, Edwin F. The Yoga Sutras of Patanjali: A New Edition, Translation, and Commentary. North Point Press, 2009.
11. Iyengar, B.K.S. Yoga: The Path to Holistic Health. Dorling Kindersley, 2001.
12. महर्षि पतञ्जलि कृत योगदर्शन, गीताप्रेस गोरखपुर
13. पातञ्जलयोगदर्शनम्, आचार्य दिनेश शुक्ल
14. प्रभाकर, अशोक. योगदर्शन. श्रीविद्याधिराज प्रकाशन, 2009.
15. परमहंस प्रमहंस योगानन्द सरस्वती. पतञ्जलि योगदर्शन. वेदांत प्रेस गोरखपुर, 2003.
16. गोविन्दानन्द. पातञ्जल योगदर्शनम्. मोतीलाल बनारसीदास, 2010.
17. विष्णुदेवानन्द. पातञ्जल योगदर्शन. दीपशिका प्रकाशन, 2008.
18. योगेश्वर, श्री श्री रविशंकर. योगसूत्र. आर्ट ओफ लिविंग, 2012.
19. पार्थसारथि, राजायत. योग दर्शन. श्रीरामकृष्ण मठ, 2014.
20. मिश्र, मोहन. पातञ्जल योगदर्शन के तात्पर्य का विमर्श. जगदम्बा प्रकाशन, 2006.
21. प्रभाकर, स्वामी. पातञ्जल योगसूत्र: व्याख्या सहित. योग प्रभाकर फाउंडेशन, 2010.
22. योगानन्द, स्वामी सत्यानन्द. पातञ्जल योगदर्शन. बिहार स्कूल ऑफ योग, 2005.
23. पार्थसारथि, राजायत. योगदर्शन के सिद्धांत और व्याख्या. प्रेम प्रकाशन, 2015.

The block contains several handwritten signatures in blue ink. From left to right, there is a signature that appears to be 'Ashwini', followed by a stylized signature, then a signature that looks like 'Anurag Gupta', and finally a signature that appears to be 'Ajay Kumar Singh' followed by a small 'S Singh'.