Yoga 110 Weekly Assignments

These assignments are based on the weekly readings that you have been assigned. These readings can be found under the second tab on Yoga 110 main page, “Weekly Reading”. These assignments should be completed in a single Microsoft word document. The title of the document is “Your Name, Yoga 110 Weekly Assignments”. Each week simply add to the growing document by starting a new page. At the top of each new page each week write “Assignment #, Title of Assignment, Your Name”. Resubmit this growing document each Friday, so I can track your progress and provide necessary feedback.

**Week 1 – The 8 Limbs of Yoga**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page
2. summarize the key points of the article in your own words.
3. reflect on the article by discussing your opinion on what you have read, identifying questions you might have, connections you may have made to things you already thought or knew, statements with which you either agree or disagree, or anything else you would like to mention.

**Week 2 – Yamas and Niyamas**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page
2. summarize the key points of the article in your own words.
3. reflect on the article by discussing your opinion on what you have read, identifying questions you might have, connections you may have made to things you already thought or knew, statements with which you either agree or disagree, or anything else you would like to mention.

**Week 3 – Ahimsa**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points ahimsa from each section of the article.
3. Identify and examine your strengths and weaknesses with the ahimsa.
4. Consider some steps you could take to evolve your practice of ahimsa in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 4 – Satya**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points satya from each section of the article.
3. Identify and examine your strengths and weaknesses with the satya.
4. Consider some steps you could take to evolve your practice of satya in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 5 – Asteya**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points asteya from each section of the article.
3. Identify and examine your strengths and weaknesses with the asteya.
4. Consider some steps you could take to evolve your practice of asteya in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 6 – Brahmacharya**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points brahmacharya from each section of the article.
3. Identify and examine your strengths and weaknesses with the brahmacharya.
4. Consider some steps you could take to evolve your practice of brahmacharya in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 7 – Aparigraha**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points aparigraha from each section of the article.
3. Identify and examine your strengths and weaknesses with the aparigraha.
4. Consider some steps you could take to evolve your practice of aparigraha in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 8 – Saucha**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points saucha from each section of the article.
3. Identify and examine your strengths and weaknesses with the saucha.
4. Consider some steps you could take to evolve your practice of saucha in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 9 – Santosha**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points santosha from each section of the article.
3. Identify and examine your strengths and weaknesses with the santosha.
4. Consider some steps you could take to evolve your practice of santosha in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 10 – Tapas**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points tapas from each section of the article.
3. Identify and examine your strengths and weaknesses with the tapas.
4. Consider some steps you could take to evolve your practice of tapas in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 11 – Svadhyaya**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points svadhyaya from each section of the article.
3. Identify and examine your strengths and weaknesses with the svadhyaya.
4. Consider some steps you could take to evolve your practice of svadhyaya in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.

**Week 12 – Isvara Pranidhana**

After reading the article:

1. list the new yoga vocabulary terms and their definitions at the beginning of your page.
2. summarize the key points isvara pranidhana from each section of the article.
3. Identify and examine your strengths and weaknesses with the isvara pranidhana.
4. Consider some steps you could take to evolve your practice of isvara pranidhana in various aspects of life.
5. Speculate on the impact this evolution might have on you and those around you.