



## 300 hours Yoga Certification Assignment papers

### 300 hr students – 5 papers

- Anatomy and physiology paper (includes one drawing and one essay)
- Breath training paper (includes one essay)
- Hatha Yoga paper (includes yoga sequences)
- Teaching methodology paper
- Buddhism and Yoga paper (includes one essay)

In addition to the five papers, submit the following three:-

1. Yogic lifestyle - write a short essay of a 1000 words summarising how you contextualise your yoga practice in your day to day life; including themes of ethics, diet, meditation, relationships in general, application and development of wisdom. For example, a life story of your encounter with yoga and meditation.
2. Observation by an external teacher (proctor) who reports to us with feedback on a one hour long yoga class.
3. Submit us a short (up to 500 words) report of **16 hours of teaching time**, covering the following:-

How long the class was, what the theme/s was, how you think it went? What you would do different next time? How did the class respond?

Meditation diary, keep a log of your practice progress. Include: How the practice is going in general, which hindrances do you most regularly encounter, how do you deal with it, how often, how long do you practice?

Which practices have you been doing?





## **Anatomy and physiology paper:**

### **Neurology:-**

- Q. 1. What are the two main parts that make up the nervous system?
- Q. 2. Describe in detail, how the nervous system is effected by Hatha yoga? Relate Hatha yoga to the sympathetic and parasympathetic nervous systems.
- Q. 3. Which function of the body normally controlled by the autonomic nervous system, can also be consciously regulated?
- Q. 4. Why might you wish to alter this otherwise autonomic process?
- Q. 5. Describe four main conditions of illness that effect the nervous system.
- Q. 6. How does the nervous system 'communicate' with other parts of the body?

### **The Immune system:-**

- Q. 1. Name the immune system's primary function and what are the different ways in which it operates?
- Q. 2. Name four different conditions of illness that effect the immune system, describe them.





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Q. 3. Give an outline of the different aspects of the immune system, i.e, describe how the different parts of the immune system work together.

Q. 4. The lymph fluid drains predominantly through? In the thoracic region.

Q. 5. Lymph nodes perform which specific function and where are they mainly situated in the body?

Q. 6. How might yoga practice in the form of asanas, affect the immune system?

Q. 7. Are there specific practices for strengthening immunity?

### **The musculo-skeletal system:-**

Q. 1. Describe the three different types of muscle tissue found in the human body.

Q. 2. Draw a picture in outline and name the parts of **one** of the following (on separate bit of paper)

- The upper arm (including biceps, triceps and attachments to the shoulder)
- The rotator cuff (including all muscle attachments to the shoulder)
- The posterior pelvic muscles (including the deep external rotators and the gluteal muscles)

Q. 3. How do the muscles monitor stretch, what are the mechanisms that feed back that the muscles might be in danger of damage?





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Q. 4. What are the mechanisms that monitor stretch in the tendons?

Q. 5. The tendons have a limited capacity to stretch, how then do we avoid over-stretching in yoga?

Q. 6. Muscles have the capacity to lengthen and shorten, how does this happen physiologically?

Q. 7. What is unique about muscle contraction in Hatha yoga?

Q. 8. How does Hatha yoga promote cardiovascular health?

### **The endocrine system:-**

Q. 1. The endocrine system is made up of a number of important glands and their secretions. What are they and what are their effects?

Q. 2. Name four conditions of illness that affect the endocrine system and describe them.

Q. 3. Research how Hatha yoga practices may affect the endocrine system. Summarise your findings in an **essay of up to 1000 words but not shorter than 600.** (On separate bit of paper)





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## Breath training paper:

- Q. 1. Research in what way the mind and breath interrelate. Summarise your findings in an **essay of up to 1000 words but not shorter than 600.** (On separate bit of paper)
- Q. 2. Describe the breathing process as it starts in the nose, following it through the cycle of the breath.
- Q. 3. The nose performs which functions?
- Q. 4. Name three reasons why someone may find it difficult or unable to breathe diaphragmatically.
- Q. 5. How would you teach such people to breathe diaphragmatically or otherwise?
- Q. 6. When exploring diaphragmatic breathing, is it necessary to give any guideline for contra-indications? What might they be?
- Q. 7. How do the lungs utilise oxygen and what is the byproduct of its use?





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## Hatha yoga paper:

- Q. 1. Explore how mula bandha is taught in at least two traditions.
- Q. 2. How does uddiyana bandha affect posture?)
- Q. 3. How are the bandhas expressed in the extremities (hands & feet) and what are they called?
- Q. 4. Describe two ways of practicing Utthita trikonasana and explain the process in each.
- Q. 5. Design and draw out with names four simple 30 minute sequences (On separate bit of paper):
- Gentle floor based practice,
  - Active sun salutation and standing practice,
  - Strengthening backbends,
  - To promote the health of the reproductive organs (noting differences between men and women).
- Q. 6. How do sirshasana and salamba sarvangasana benefit the body? What potential dangers lie in the poses?
- Q. 7. Does it matter if the headstand precedes the shoulder stand or vice versa, if so when, why, why not?





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Q. 8. How are the liver, kidneys and intestines benefited by Hatha yoga?

Q. 9. Define stress in the body and mind? In what way can stress be beneficial or detrimental? How is stress related to Hatha yoga practice?

Q. 10. What, in the practice of Hatha yoga, is the effect of greed on the body and mind? (i.e, how do the symptoms manifest typically) how do you work with this in yoga asana and meditation?

Q. 11. What is the significance of ahimsa to the practice of asana?

Q. 12. Which parts of the body must one be most careful with when teaching yoga and why?





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## Teaching methodology paper:

- Q. 1. What qualities of mind are most conducive to learning?
- Q. 2. What 5 qualities makes a good teacher?
- Q. 3. What 5 qualities makes a good student?
- Q. 4. What are the signs of progress in yoga? How do you evaluate progress in one's own practice and that of one's students?
- Q. 5. Explain four methods that one might use in any teaching situation and why you would choose those methods.
- Q. 6. Giving people space to make mistakes is a part of being a teacher. Describe what you would do if your student/s was on the verge of hurting themselves in a pose?
- Q. 7. If your class is full (imagine you have 15 students) how do you best work to make sure all are practicing safely?
- Q. 8. Imagine that you have several people with back problems and you have a class built around backbends. How would you deal with the situation?







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## Buddhism and Yoga paper:

Questions related to Buddhism and Yoga.

Q.1. We have seen that the 8 limbs of Patanjali and the 8 fold path of Buddhism are different. Explain in your own words exactly how you understand these differences between the two systems. **(Write up to 500 words typed or hand-written)** (On separate bit of paper)

Q.2. Yoga postures and other yoga practices are conducive to what?

Q.3. Using asana as a way to present the Buddhist teaching, where do you see the main areas within this of effective teaching. In other words, what is the scope of teaching the Dharma through yoga? Give an outline only.

Q.4. How would you define fundamentally the difference in the view between the Buddhist and the yoga tradition? Why is it important to know this?

Q.5. Explain as you understand it the meaning of the teaching of conditioned co-production. Short answer please!





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Q.6. Say why Hatha yoga could be an effective tool for cultivating awareness of the body.

Q.7. The yoga Yamas and Niyamas are different to the Buddhist precepts, but how?





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## Checklist for completion of all assignments for the 300 hour Yoga Certification

*Have I...*

*Tick*

1. Completed all the Anatomy and physiology papers?

*Including one anatomical drawing*

*Including the endocrine system essay 600-1000 words*

2. Completed the Breath training paper?

*Including the mind and breath essay 600-1000 words*

3. Completed the Hatha yoga paper?

*Including four simple 30 minute sequences*

4. Completed the Teaching methodology paper?

5. Completed the Buddhism and Yoga paper?

*Including the 500 word 8 limbs versus 8 fold path essay?*

*Additional assignments...*

6. Completed the 1000 word essay on Yogic Lifestyle?

7. Been observed teaching a one hour class and submitted the report?

8. Written up a 16 hrs teaching experience report?

**Send completed assignments, essays and drawings as a PDF to:**

[info@bodhiyoga.es](mailto:info@bodhiyoga.es)

