UNIT 14: PLANNING OF TEACHING YOGA PRACTICES

UNIT STRUCTURE

14.1 Learning objectives
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14:1 LEARNING OBJECTIVES

After going through the unit you will able to

- Gather conceptual Knowledge at teaching methods of practicing Bandha-Mudra & Meditation.
- Understand same of the Shat-karma Practices.
- Understand the students approach to teacher

14:2 INTRODUCTION

Yoga is an ancient practice that integrates physical posture, breath control, meditation to promote overall well-being. Teaching yoga requires not only a deep understanding of its techniques but also the ability to guide students in a safe and effective manner.

14.3 TEACHING YOGA PRACTICES

The discipline of Yoga has passed through several stages and in the course of time different schools have emerged with a variety of techniques and practices. Every school of Yoga emphasized specific practices, but their aim has always remained the same: the highest level of integration through the control of the

modifications of mind. Some use indirect means through the body to tackle mental processes.

The lecture method has considerable use in teaching yogic practices. It may be used in presenting any type of information related to particular activity in the perspective of Yoga in general.

Direct practice method is a useful teaching method for the Yogic practices like Asana, Shat karma etc. It may be done in the class and the efficiency could be developed through practice outside classes. The students should be encouraged to do practice outside class and the teacher may check the results during subsequent classes and give additional suggestions for further practice.

The demonstration is effective method because it utilizes existing talent rather than developing new skills. The teacher should have the skill to use a particular method and adapt it to prevailing conditions so that the students receive proper orientation and understanding of the technique and purpose of the method. In other words, a method should always be considered as a means to an end and not the end in itself. The method should allow for individual difference and stimulate both creativity and independent thinking in the students.

Asana:

Asanas are the special patterns of postures that stabilize the mind and the body through static stretching. Their aim is to establish proper rhythm in the neuromuscular tonic impulses and improve the general muscle tone. The two basic principles governing the performance of Asanas are stability and comfort. Every Asana should be performed effortlessly and maintained for a comfortable time. There should be no jerks and the performance of Asanas should not lead to undue fatigue.Asanas are classed as Meditative, Cultural and Relaxative.

Meditative Asanas are sitting posture which maintains the body in a steady and comfortable condition. By various arrangements of the legs and hands different meditative asanas are formed. Thehead, neck and trunk should be straight during practicing meditative asanas.

Cultural Asanas involve static stretching which bring about proper tone of the muscles. They contribute to the flexibility of the spine and render back and

spinal muscles stronger. They also stimulate proper working of the vital organs in the thoracic and abdominal cavities. The cultural asanas are performed in sitting, lying and standing positions.

Relaxative Asanas are few in number. They are performed in the lying position and are meant for giving rest to the body and mind.

Pranayama:

Pranayama bring control over the respiratory impulses which form one of the channels of the flow of autonomic nerve impulses. Holding of the breath for a prolonged and comfortable time is an essential technique of Pranayama. However, in the initial practice the breath holding phase is completely avoided and emphasis is put on the controlled inspiration and expiration with a time ratio of 1:2 between them. The expiratory phase is so controlled that the following inspiratory phase is not affected in its slow and controlled inspiration.

The main purpose of Pranayama is to gain control over the autonomic nervous system and through it influence the mental function. It is useful in higher yogic practices like meditation.

Bandha and Mudra:

Bandha and Mudra are locks and holds of the semi-voluntary and involuntary muscles in the body. A difference is made between the bandhas and mudras on the basis of their use in Pranayama. Mudras that are used in Pranayama are usually called bandhas because they bind and channelize a particular nervous activity in a particular place or direction. Some asanas are called mudra because of their specific and channels through which the effects are brought about.

Shat karma:

Shat karmas are purification processes usually classified into six divisions. These are dhauti, neti, basti, nauli, trataka and kapalabhati, each of which consists of many subsections. Shatkarma brings control on different reflexes and establish psychophysiological balance.

Meditation:

Meditation is the practice involving control of the mental functions which start from the initial withdrawal of the senses from external objects to the complete oblivion of the external environment. It is a process of absorption in which the individual tries to turn attention to dwell upon a single object, sound, concept or experience. The basic principle of meditation is to develop internal awareness.

14.4 STUDENTS' APPROACH TO THE TEACHER

Pranipata (Humble submission):

"Pranipata" comes from the root words "Pra" (Forth) and "nipata" (falling down). It signifies complete surrender or submission before a Guru. It implies approaching the teacher with humility, respect and a willingness to learn. This attitude reflects an open mind, free of arrogance and ego which are obstacles to learning. Humility creates the foundation for receiving wisdom because it aligns the student with the guru's higher knowledge.

Paraprashna (Inquisitive questioning):

"Paraprashna" means sincere and respectful questions to clarify doubts and understand teachings deeply. The questioning is not for arguments but to genuinely seek knowledge and comprehend the truth. It reflects the curiosity and sincerity of the student. Intelligent and respectful inquiry helps the student assimilate the knowledge and ensures proper understanding of the teachings.

Seva (Selfless service):

"Seva" means service. It involves selfless acts of service to the guru of the teachings, often as a way to express gratitude and devotion. Service to the guru was considered a way to purify the mind and foster discipline. This includes actions that support the guru and maintaining the learning environment or assisting in teaching activities. Service cultivates humility, gratitude and dedication, making the student more respective to higher knowledge.

14.5 LET SUM UP

- Teaching Yoga practices involves a structured approach covering the following aspects: shatkarma, Asana, Mudra, Pranayama and Meditation.

Each aspect plays an important role in purifying the body, enhancing physical and mental well-being and deepening spiritual awareness.

- Effective Yoga teaching requires a structured approach that helps learners understand, observe and practice yogic techniques properly. The lecture method, demonstration method and directed practice method are three key teaching strategies used in yoga education.Each method plays a distinct role in enhancing the learning experience.
- These three principles (Pranipata, Paraprashna & Seva) outline the ideal way to approach a teacher or source of wisdom.
- Pranipata emphasizes respect and humility
- Paraprashna ensures clarity through respectful inquiry.
- Seva demonstrates dedication and gratitude through service.
- By integrating these, a student establishes a meaningful relationship with the teacher enabling effective transmission of knowledge and wisdom.

CHECK YOUR PROGRESS

Q1. Which teaching methods are useful for Yogic practices?

Q2. What do you mean by Pranipata?

Q3**.** Why is the demonstration method important in Yoga teaching?

Q4. What is Shat Karma?

Q5. Write few cultural Asan name?

14.6 FURTHER READINGS

- Gharote, M.L. and Ganguly,S.K. *Teaching Methods for Yogic Practices*, Kaivalyadham, Pune
- Ekanath Eswaran-The Bhagvad Gita for daily living

✓ 14.7 ANSWERS TO CHECK YOUR PROGRESS

Answer to Q1: Lecture Method, Direct practice method and Demonstration method.

Answer to Q2: Pranipata signifies complete surrender or submission before a Guru. It implies approaching the teacher with humility, respect and a willingness to learn.

Answer to Q3: Demonstration helps students visually understand the correct posture, alignment and breathing techniques required for yogic practices.

Answer to Q4: Shat Karma refers to the line Yogic purification techniques described in classical Hatha Yoga texts like Hatha Yoga Pradipika and Chendra Sanhita. There practices are menet to cleanse the body and mind preparing a practitioner for higher Yoga practices like Pranayama and Meditation.

Answer to Q5: Padmasana, Siddhasana, Sukhasan, Vajrasana, Swastikasana, Bhadresana, Simhasana, Gomukhasana, Marpurasana, Muktasana.

? 14.8 MODEL QUESTIONS

A. Very short Questions

Q1:What are the different types of Asana?

Q2:What do you mean by Paraprashna?

B. Short questions

Q1:Write a short note on Pranipata.

Q2: Write a short note on Pranayama.

C. Long questions

Q1:Discuss the relevance of Pranipata, Paraprashna and Seva in Society.

Q2: Explain in detail about the different teaching methods for Yogic practices.

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