

Unit 2 - Developing Syllabus

This Unit will focus on the Developing Syllabus taught at Yoga Mandir. To support this you will either attend the Developing Practitioner Program, or, if you are an external student you will access the class recordings. As well as attending classes or following class recordings, you will either attend or follow the Developing Led Practice Sequences which can be found in Appendix 5 of the Sadhana booklet. Make sure you print out copies of the Practice Log template, you should use these to record your daily practice in stick figures. Your Practice Logs will need to be scanned and uploaded onto Yoga Vidya throughout the unit. You will be instructed on due dates throughout the unit.

Developing Led Practice

If you are an internal student you will attend the Developing Led Practice at Yoga Mandir. If you are an external student, or if you cannot attend the led practice you should still include a practice session that follows the Led Practice Sequence within your weekly practice plan.

Additional Led Practice Attendance

Students may also choose to enrol in an additional Led Practice either at Yoga Mandir or at their local yoga school. Yoga Mandir students should enrol in a session as suitable to their practitioner level and external students should discuss enrolment with their teacher. External students who do not have led practice available still have the option of following the practice sequences within the Sadhana booklet.

Plan your Practice

You may find it useful to come up with a plan of how you will structure your practice across a week or fortnight. This plan can take into account the classes and led practice sessions you will be attending at Yoga Mandir and can also take into account other (non yoga related) activities you have scheduled. When planning your practice it is important to consider the other commitments you have that may make it difficult for you to complete your practice at certain times of the day or on certain days.

You can use the Practice Plan template to help you create your plan, but feel free to use other tools to create your plan such as your diary or calendar.

Record your Practice

After each class you attend, led practice and self directed practice session you should record the sequence of asana using the practice log template provided in the Program Handouts Section of Yoga Vidya. Recording the asana is a reflective practice that helps reinforce what was covered in the class and provides you with a set of sequences that can be used in future practices.