

Unit 2 – Differentiating Experience

In Unit 2 you look at Yoga Mandir’s Developing Practitioner Program. You will continue to develop your self directed practice of yoga, and start to extend the amount of time you spend on the mat. You will also continue to explore content from the yoga sutras, the following table provides a breakdown of the content for Unit 2.

Schedule	Content
Part 1 - Weeks 1 & 2 Kriya Yoga	Part 1 introduces the subject of Kriya Yoga and the three elements of Tapas, Svadhyaya and Isvara Pranidhana. Part 1 looks at how Kriya Yoga is applied to a practice of Yoga with a specific focus on Tapas.
Part 2 - Weeks 3 & 4 Svadhyaya	Part 2 brings Svadhyaya into focus, you will start to look beyond the physical practice and look at how a practice of yoga becomes a study of the self.
Part 3 - Weeks 5 & 6 The Kosas	In Part 3, you will be introduced to the Kosas and consider the layers of experience within a practice.
Part 4 - Weeks 7 & 8 The mind as Object	Part 4 looks at how the mind can start to be watched in a practice. You will start to explore how a practitioner can separate their experience from the thoughts they have about themselves and about their actions.
Part 5 - Weeks 9 & 10 The Quests	Part 5 focuses on the quests, in this part you will consider the three quests in relation to your own practice.