

Unit 4 – Developing an Ethical Practice

In Unit 4 you continue to develop your self directed practice in Yoga Mandir’s Established Practitioner Program. By now, you should be practicing for 1.5 hours per day 6 days per week. In this final unit you will consolidate your practice.

This Unit focuses on the Astanga or the eight limbs of Yoga. Each of the five holds a focus on different elements of the Ashtanga. As well as learning about the eight elements you will consider why these elements are important to a practice.

Schedule	Content
Part 1 - Weeks 1 & 2 The Astanga	Part 1 looks at the Astanga and introduces the eight limbs of yoga.
Part 2 - Weeks 3 & 4 The Yamas	In Part 2 you will focus on the Yamas. The Yamas are grouped together with the Niyamas as the observances, they focus on how we direct our actions in the world.
Part 3 - Weeks 5 & 6 The Niyamas	In Part 3 you will look at the Niyamas, the aspect of observances which is directed toward our actions within ourselves. The Niyamas are often referred to as the positive current that can be applied and worked upon.
Part 4 - Weeks 7 & 8 The Practices	Part 4 focuses on the practices – Asana, Pranayama and Pratyahara. In this part you will consider again what it means to practice yoga beyond the physical exercise and what it means to hold a self directed practice.
Part 5 - Weeks 9 & 10 The Outcomes, Developing Concentration	Part 5 focuses on the outcomes, Dharana, Dhyana, and Samadhi. In this part, you will consider how practicing yoga changes you. As this is the final part of the unit and of the Sadhaka Program you will also consider how you will continue to sustain your practice in the future and how the outcomes may be a driving force behind that.