

# Teaching Homework I I

## Final Essay



### **A) From the I Ching**

‘For youthful folly, it is the most hopeless thing to entangle itself in empty imaginings. The more obstinately it clings to such unreal fantasies, the more certainly will humiliation overtake it.

Often the teacher, when confronted with such entangled folly, has no other course but to leave the fool to himself for a time, not sparing the humiliation that results. This is frequently the only means of rescue.’

**Or**

### **B) The Bhagavad Gita**

The philosophy of the Bhagavad Gita suggests that living yoga is a combination of action based on understanding generated by our practice.

It also states that once we have understood and acted we should not be attached to the results.

Would these ideas be a useful guide for you in your career as a teacher? If so how? And if not, why not?

Please select one of these titles to write about, relating it to your experience of practising and teaching yoga, relaxation and breathing? In addition you could refer to relevant texts and also to observations of classes led by other yoga teachers.

**Essay length: 1500 words**

## **Guidelines**

### **Presentation**

- neat and legible
- typed
- double spaced
- use of paragraphs
- correct spelling, grammar and punctuation
- bibliography (author, year of publication, book title, publisher etc)

### **Structure**

- clear, concise and logical structure
- introduction relevant to title, main body and conclusion
- paragraphs leading into one another with logical progression
- good summing up

### **Research**

This should be:

- relevant
- refer to several sources
- sufficient to cover necessary areas

### **Content**

- sound argument with clear distinction between opinion and fact
- clarity of expression
- evidence of originality and independent thought
- draw on individual experience

