

History & Philosophy Assessment

Choose ONE question from the list below and write a 750-1000 word essay (in sentence and paragraph format) on the topic. Please do not exceed the word count and edit your writing accordingly. This is good practice for you as a yoga teacher to work on clarity and effectiveness in language. :)

Please email your report directly to Firdose at souldieryoga@gmail.com by the deadline listed on the main course page.

Choose one:

- Summarize the ways in which philosophy changed at the end of the Vedic period and how that impacted on practices at the time.
- Explain your understanding of the Bhagavadgita and the kinds of yoga it introduced.
- In what ways did yoga develop under colonization? Provide some examples to illustrate.
- How would you answer the claim that yoga is Hindu?
- Explain your understanding of cultural appropriation by describing situations in which it is non-harmful and others in which it is.