Homework #2

based on lecture 2 and chapter 1 of the textbook

1. Give an example of something you have learned from a teacher or book, that you have essentially taken on trust of the source, and an example of something that you have learned from your own direct experience.
2. What are the four Instinctive Drives (sometimes called the Primitive Fountains) described in the text? In which are you the most balanced? the least?
3. What five things can be controlled by breath training?
4. Which of your koshas interests you the most? Why?
5. Which of the “Yogas of Life”: karma, bhakti or jñana best fits your personality and why?