**Personal Expression Paper #1: The Yamas and Niyamas / 50 points**

**Foundations of Yoga**

**Part 1: YAMA-S**

The Yamas, as presented by the sage Patañjali in the Yoga Sutra, describe restraints or things we should not do. I would like you to reflect on each of the five Yamas in order, addressing both their definition and how they are pertinent in your own life. This is an opportunity to observe yourself, your thoughts and actions. Remember that quiet, self-reflection is an essential step in understanding your concept of morality and moving towards the goal of yoga: self-realization.

**Grading:**

Each Yama is worth 5 points:

Define the term (i.e. ahimsa means…) This should be a descriptive explanation with examples. Please don’t reword the book. I would rather have your own words even if they do not seem as polished. (1)

Reflect on how you already observe this Yama in your life. Reflect on how you might not. (3)

What are the benefits of observing this principle? How could a person improve the quality of his or her life by observing this principle? What could be some negative effects of ignoring it? (1)

**Part 2: NIYAMA-S**

The Niyamas, as presented by the sage Patañjali in the Yoga Sutra, describe observances or things we should try to do. I would like you to reflect on each of the five Niyamas in order, addressing both their definition and how they are pertinent to you. This is an opportunity to observe yourself and to take a good look at your lifestyle. How yogic is your day-to-day life? Are you generally content? Disciplined? Do you take the time for journaling or other forms of self-reflection? Do you value spiritual life?

**Grading:**

Each Niyama is worth 5 points:

Define the term (i.e. tapas means…) This should be a descriptive explanation with examples. (1)

Reflect on how you already observe this Niyama in your life. Reflect on how you might not. (3)

What are the benefits of observing this principle? How could a person improve the quality of his or her life by observing this principle? What could be some negative effects of ignoring it? (1)

**Please Note:**

Do not feel that you need to share anything that makes you feel uncomfortable. It is fine to speak hypothetically as well.

Please type your final paper using a 12-point font.

Assignments must be handed in on time. The paper will lose 10% of its grade for each day it is overdue.