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# Nature Care College

## Yogic Ethics & Lifestyle Practices

<b>DESCRIPTION</b>	A sound understanding of the concept of the mind and its relationship with the body and wellbeing is fundamental to achieving beneficial outcomes in yoga practice and teaching. This module will explore the Yamas and Niyamas which deal with appropriate mental attitudes and ethical behaviours as presented in the first two “limbs” of Patanjali Yoga Sutra. Their contemporary role and relevance in mental wellbeing and professional ethics is considered. The ‘mind’ from a yogic perspective and western approaches will also be reviewed.	
<b>DURATION</b>	24 hours	
<b>LEARNING OUTCOMES</b>	By the end of this unit of study students will be able to: <ol style="list-style-type: none"> <li>1. Explain the yogic view of the mind and its various levels</li> <li>2. Explain the relevant theories and models of yoga psychology</li> <li>3. Explain and demonstrate the role and relevance of the Patanjali’s Yamas in mental wellbeing and professional practice</li> <li>4. Explain and demonstrate the role and relevance of Patanjali’s Niyamas in mental wellbeing and professional practice</li> </ol>	
<b>TEACHING METHOD</b>	Theory – lectures in classrooms, using specific texts and lecturer’s experience. Group discussion, exercises and keeping a journal.  Contents will be reinforced through integration into Asanas 1, Asanas 2, Yoga for Special Needs, and Teaching Practice Modules.	
<b>ATTENDANCE</b>	90% minimum	
<b>ASSESSMENT</b>	Practical Demonstration (due week 6)	50%
	Written Assignment (due week 6)	50%
	Participation in class/group discussions (ongoing)	
	<b>Pass / Fail only</b> No higher grades available.	
	<b>NOTE:</b> Students are required to keep soft and hard copies of assignments. Should you wish to have your marked assignment returned to you, please attach a <b>stamped self-addressed envelope</b> to your assignment and your lecturer will post your assignment to you. Assignments without an envelope attached will be destroyed.	
<b>PRE-REQUISITES</b>	Nil	
<b>CO-REQUISITES</b>	Nil	
<b>MATERIALS REQUIRED</b>	Notebook, pen, comfortable clothing.	

Nature Care College Pty Ltd ABN 77 105 282 264

46 Nicholson Street, St Leonards NSW 2065

Tel: +61 (0)2 9438 3333 Fax: +61 (0)2 9436 0503

email: [info@naturecare.com.au](mailto:info@naturecare.com.au) website: [www.naturecare.com.au](http://www.naturecare.com.au)

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**TEXTBOOKS**

**Compulsory:**  
**Nil.**

**Recommended Reading / References:**

Lasater, J. *Living Your Yoga: Finding the Spiritual in Everyday Life*. 1999. Rodmell Press.

Donna Farhi, *Teaching Yoga*, 2006. Rodmell Press.

Main, D. *Yoga and the Path of the Urban Mystic*. 2007. IUniverse Star.

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**SESSION-BY-SESSION OUTLINE**

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<b>SESSION 1</b>	Overview of the yogic view of the 'mind' and its various levels Theories and models of yoga psychology
<b>SESSION 2</b>	Western psychological approaches to understanding the 'mind' Scientific and medical approaches to the 'mind' and mental illness
<b>SESSION 3</b>	Explore the five Yamas Role and relevance in mental wellbeing and yoga practice
<b>SESSION 4</b>	Explore the five Niyamas Role and relevance in mental wellbeing and yoga practice
<b>SESSION 5</b>	Role and relevance of Yamas and Niyamas in professional yoga practice Ethical codes for yoga teachers
<b>SESSION 6</b>	Class presentations

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**Assignment Due**

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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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