

## ESSAY: DUE ON FRIDAY FEBRUARY 19TH

Choose ONE of the following two topics:

1) How is the following quote relevant to the history of yoga? Discuss its relevance to the Vedic tradition, the teachings of the Upanishads, and the Bhagavad Gita.

The Self is like a rider in a chariot,  
and the body is the chariot.  
The intellect is the charioteer,  
and the mind is the reins.  
The senses are the horses,  
and the sense objects are the paths they take.

-- *Katha Upanishad*

2) Use the definitions of yoga that we have explored so far to discuss the practice of yoga as described in either the Katha Upanishad OR the Bhagavad Gita. PLEASE NOTE: A summary of the definitions is on the Resources page of the website.

**EXTRA CREDIT:** Write an additional paragraph (up to 250 words) about your experience of one of the practices you have done as part of this class. If you want, you can evaluate the usefulness of an experiential approach. Does it augment your learning process? If so, how?

**FORMATTING YOUR PAPER:** You can use the word count tool in your word processor and make your essay 450-500 words long. OR format your document to have one-inch margins, use a 12-point font, and 1.5 spacing. One page should be about the right length.

**YOUR ESSAYS ARE DUE ON FRIDAY FEB. 19.** Please send them to me by email. Papers submitted after Sunday Feb. 21 will be docked 10 points per each additional day.