

RQF Diploma in Teaching Yoga (Practitioner)

RQF Diploma in Teaching Yoga Worksheets A-D

This guidance document will help you to complete Yoga worksheets A-D. Your course tutor will also offer you guidance throughout your course.

We have added a few example answers to help with your understanding, these are **highlighted**. Please do not use these answers in your completed worksheets. However, you can use the information that has been directly quoted as reference to ancient text.

The templates for these worksheets can be found on your eLearning under, Course Resources & Templates. Please download and save your copy, as you type into each answer box it will expand.

Please save and submit this as a WORD document only, PDF versions will not be accepted.

Your completed Worksheets A – D must not exceed 12000 Words (complete document)

- *1100 words have been included in the 12,000-word count to accommodate the text within the four worksheets.*

The maximum word count is 12,000. If your word count is over this amount your worksheets will be automatically referred.

If your word count is less than 11,000 words you may not have written enough and may also be referred. Each box will expand as you type into it.

- *All four (4) worksheets must be submitted as a whole document. You must complete all four worksheets A-D before submitting.*
- *Please answer the questions in your own words as much as possible*
- *The answer boxes will expand as you type if you require more space for your answer*
- *Please remember to reference the ancient texts as requested in the following questions;*

Within your manual there are many references to ancient text. Please add the paragraph of text exactly as it is written and state where it is from (book title or website) You will see an example of this on question 7 of worksheet A. Your manual should be the main source of information to complete the worksheets. We recommend the following websites for information that cannot be found in the manual. [Online yoga classes and programs - Eckhart Yoga](#)

[Home | Yoga International](#)

[Yoga Journal | Yoga Poses - Sequences - Philosophy - Events](#)

Worksheet A Q7, Q14, Q20

Worksheet B Q14, Q17, Q20



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Worksheet A: fundamentals of teaching Yoga – philosophy

Learner's name:	
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1. Give a definition of Yoga in terms of its meaning and aims:

2. Provide an overview of the history of Yoga with reference to the following periods: <ul style="list-style-type: none">• The Vedic period and the Vedas• The preclassical period and the Upanishads• The classical period and the Yoga sutras of Patanjali• The post classical period• Modern Yoga – Hatha Yoga

Please write one paragraph for each period, include the dates or approximate century.

Please note that dates will vary depending on the source.

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3. Describe the story of the Bhagavad Gita, its main teachings, and their relevance in modern day Yoga teachings:

Below is an example answer to this question. Aim to answer each question in your own words. If you do copy text from the manual or a website, please reference the title and author, or add the website address. Repeat this for every question that you have copied directly from the manual or another source.

Bhagavad Gita also known as Song or Poem of the Lord – is a poem about life, death, love, and duty. It is one of the world's oldest stories and 15 times the length of the Bible. The Gita offers a pathway to "inner peace", of which inner peace resides within us. However, due to the constant chatter of the mind, this keeps us from being aware of ourselves. The Bhagavad Gita is a teaching about who we are and how we acknowledge and take control our being and actions.

The main teachings of the Gita are Jnana, Bhakti, Karma, Raja.

Karma is "selfless service" this maybe the path of yoga for some, doing charitable work with no financial reward.

Reading and study maybe the path of others which is Jnana, this is thought to be the highest practice.

The path of Bhakti is devotional, singing and chanting, to the divine. Regular prayers, and mantra or Japa meditation, repeating the name of God.

Raja is known as the "Royal Path" the path of meditation. The practice of controlling the mind and focusing inward, to find Samadhi.

All paths will eventually lead to Raja, joining all with the divine.

Dharma is another of the main teachings of the Gita. Dharma means the fulfilment of our true purpose, the natural law of things or conscience.

"The Gita teaches us about Dharma which is the best possible course, or righteousness, the fulfilment of one's true purpose or virtue (connected to caste and social status)"

The complete guide to yoga for fitness professionals by Debbie Lawrence & Conrad Paul



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4. Describe the four paths of Yoga and their relevance in modern Yoga practices:		
Path of Yoga	Description	Relevance
Raja		
Jnana		
Bhakti		
Karma		

5. Explain the three Gunas and their relevance to modern day practice		
Gunās	Description	Relevance
Sattva		



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Rajas	
Tamas	

6. Describe the philosophies of three of the six Indian schools of philosophy:
a)
b)
c)

7. Summarise some key points from each of the four chapters of the Yoga sutras of Patanjali with reference to what is known about the author:
a)

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b)

c)

d)

Below is an example answer to this question. Aim to answer each question in your own words. If you do copy text from the manual or a website, please reference the title and author, or add the website address. Repeat this for every question that you have copied directly from the manual or another source. Please remember to reference the ancient texts as requested for this question.

Explain what's known of Patanjali:

Little is known about Patanjali. He is often referred to as the "father of yoga" and his presence is steeped in myth and legend. It was thought that he lived around the second century BCE, also writing about Ayurveda (Indian medicine system) It maybe that he was more than one man, so we should refer to Patanjali's.

Add reference to text:

"The yoga sutras are of an uncertain date, probably between 200 BCE and 200 CE. Little historic information is available on Patanjali, also known as the father of yoga, beyond legend and myth. His translation of the ancient scriptures is considered to have brought yoga to the masses.

Patanjali defines yoga as the settling of the mind back to an undisturbed state, where the self can be realised" (Feuerstein, 2003)

The Complete guide to yoga for fitness professionals. By D. Lawrence & C.Paul



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8. Describe the following yogic concepts:	
Mind	
Kleshas	
Ishvara	
Siddhis	
Kriya Yoga	



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9. Summarise the eight limbs of Yoga from the Yoga sutras	
a) Yamas	
b) Niyamas	
c) Asanas	
d) Pranayama	
e) Pratyhara	
f) Dharana	
g) Dhyana	
h) Samadhi	



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10. Describe each of the five subsections of the first two limbs and with examples of how they can be integrated into Yoga teaching in modern times:		
Limb 1 - Yamas	Description	Example of integration to modern practice
Ahimsa		
Satya		
Asteya		
Brahmacharya		
Aparigraha		
Limb 2 - Niyamas	Description	Example of integration to modern practice
Saucha		
Santosha		
Tapas		
Swadhyaya		



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11. Describe what is Samyama and how it can be introduced in a Yoga class:

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12. Give a definition of meditation:

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13. Describe what's meant by 'with seed' and 'without seed' in meditation:

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14. Describe the preferred posture for meditation with reference to one or more of the ancient texts (hatha Yoga Pradipika, Yoga sutras, the Upanishads or the Bhagavad Gita.

Please remember to reference the ancient text as requested for this question.

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15. Describe 'Ojas' and 'Tejas' and the preferred conditions for meditation:

For this question it is enough to reference the manual page 48, adding your own words. You can add more about them from the Ayurvedic perspective, please note this will increase word count and is not needed.

Ojas

Teja's

Preferred conditions for meditation

16. Explain when meditation may be introduced to a Yoga class:

17. Describe **Mantra** in terms of its theory and practice:



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18. What are the benefits of using a Mantra?

--

19. Describe the significance of **OM** in Yoga practice:

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20. Describe the aims of Hatha Yoga with reference to one or more of the ancient texts (Hatha Yoga Pradipika, Yoga sutras, the Upanishads or the Bhagavad Gita:

Please remember to reference the ancient texts as requested for this question.

21. Describe three lineages of Hatha Yoga:

a)

Take time to research lineages, do they hold the values and attributes you believe they should? There are several lineages mentioned in your manual.

b)

c)

Final result:

Pass

Refer



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Worksheet B: Fundamentals of Teaching Yoga - Practice

Understanding Prana and the Pranic Body

1. Define Prana:

2. Describe what is the pranic body and its five subdivisions:
<p>Please write here your brief description of what the pranic body is. Then describe in more detail each of the 5 Kosha's below a- e.</p>
a) Annamaya kosha
b) Pranamaya kosha
<p>The question below will ask for more details of the 5 divisions of this kosha.</p>
c) Manamaya kosha
d) Vijnamaya kosha
e) Anandamaya kosha



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3. Describe the five sub divisions of the Pranamaya kosha:
a) Prana vayu
b) Apana vayu
c) Samana Vayu
d) Udana
e) Vyana

4. What are Nadis?

5. Describe the three main Nadis and their functions:	
Nadis	Functions
a) Ida	
b) Pingala	
c) Sushumna	

6. What are Chakras?

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7. Describe the seven main chakras. Include the Sanskrit name, colour, mantra, properties when functioning harmoniously and properties when functioning disharmoniously:

Chakras	Sanskrit name	Colour	Mantra	Properties when functional	Properties when dysfunctional
1.Root					
2.Sacral					
3.Solar plexus					
4.Heart					
5.Throat					
6.Third eye					
7.Crown					

8. What is Kundalini?



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9. What are Granthis and explain their significance in Yoga practice?

10. Describe the following pranayama techniques and the benefits/effects of these techniques:		
Pranayama	Description	Benefits/effects
Yogic breathing (three part breath)		
Brahmari		
Nadi sodhana		
Sithali /seethali		
Ujjayi		

11. Explain the terms Rechak, Purak and Kumbhak:
Rechak:



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Purak:

Kumbhak:

12. Explain any reason for deferral of Kumbhak:

13. Describe the practice and reason for Bahir kumbhak:

Understanding mudra

14. Describe what Mudras are, giving reference to one or more of the ancient texts (Hatha Yoga Pradipika, Yoga sutras, the Upanishads or the Bhagavad Gita:

Please remember to reference the ancient texts as requested for this question.

15. Describe why Mudras are practiced and when they can be introduced to practice:



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16. Describe three different Mudra practices and their intended purpose within the practice:
a)
b)
c)

Understanding bandhas

17. Describe what are Bandhas, giving reference to one or more of the ancient texts (hatha Yoga Pradipika, Yoga sutras, the Upanishads or the Bhagavad Gita:
Please remember to reference the ancient texts as requested for this question.

18. Describe the three main Bandhas, including the benefits and prohibitions to practice:
a) Jalandhara (throat/chin lock)
b) Uddiyana (abdominal lock)
c) Mooladhara (the root lock)

19. Describe the preferred time to introduce Bandhas into a Yoga class:

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Understanding kriyas

20. Describe what are Kriyas, **giving reference to one or more of the ancient texts (Hatha Yoga Pradipika, Yoga Sutras, the Upanishads or the Bhagavad Gita text.**

Please remember to reference the ancient texts as requested for this question.

21. Outline the purpose and how to practice the following Shatkarmas or Kriyas listing the benefits and precautions each:

Kriya – shatkarma	Purpose	How to practice	Benefits	Precautions
Jala neti (nasal cleansing)				
Jihva dhauti (tongue scraping)				
Trataka (candle gazing)				
Kapalabhati pranayama (shining skull)				
Nauli (abdominal churning)				



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22. Describe one Kriya which would be suitable to practice in a Yoga class

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Final result:

Pass

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Worksheet C: precautions, prohibitions, modifications and benefits of Asana

Below is an example answer to this question. Aim to answer each question in your own words. If you do copy text from the manual or a website, please reference the title and author, or add the website address. Repeat this for every question that you have copied directly from the manual or another source. Please remember to reference the ancient texts as requested.

Please ensure you outline at least one reason for deferral for each of the ten asanas.

- Describe ten of the most common Asanas and explain the benefits and any reasons for deferral:

Asana	Benefits	Reason for deferral
Adho Mukha Svanasana – Downward Dog	Brings mobilisation into the body via the hips, shoulders elbow, knees, and ankles. Strengthens shoulders, chest, arms, legs, and core muscles. Increases blood flow to the brain as it is an inversion asana.	Suitable for all levels as can be modified by bending knees if hamstrings are tight, or any lower back pain. Those with high blood pressure, detached retina or pressure in the eyes should defer. Any pregnant students in their first trimester should use cat or child's pose. Those with weak wrists or arthritis could defer or use fists, bring elbows to the floor or child's pose.



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2. Why is it important to provide a balance of strength and flexibility Asanas?

3. Describe the reason for counterpose and when these would be included:

Final result:

Pass

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Worksheet D: dealing with common conditions encountered in a Yoga class

1. Describe the terms **prohibition** and **precaution**:

2. Describe four common health conditions encountered in Yoga practice and list any precautions, prohibitions, and modifications to specific Asanas:

Below is an example answer to this question. Aim to answer each question in your own words. If you do copy text from the manual or a website, please reference the title and author, or add the website address. Repeat this for every question that you have copied directly from the manual or another source.

There are many other examples in your manual on page 201 – 210. Please name at least 2 asanas, and the modifications you would apply.

Health condition	Description	Precautions	Prohibitions	Example modifications to specific Asanas
1. Non-specific lower Back pain.	Lower back pain, stiffness, weakness general feeling of discomfort.	<p>Move slower in and out of position, particularly during Sun Salutations.</p> <p>Always ensure generous bend in the knees to support the back.</p> <p>Always take most care with forward bending Asana, use hands for support placed on</p>	<p>Back injury or disc prolapse or partial prolapse.</p> <p>General undiagnosed back pain will benefit from a balanced practice to build both strength and flexibility.</p> <p>No strong back bends or forward bends.</p>	<p>Uttanasana – forward fold</p> <p>Knees bent with hands on thighs, or rest elbows on thighs. use chair or blocks.</p> <p>Paschimottanasana – use props to sit on and bend the knees, feet wider, keep hands on the floor to support.</p>



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		<p>the floor and thighs.</p> <p>Avoid deep unsupported, and multiple back bends, avoid hyperextension.</p> <p>Remind students not to "force" or "push" into asana and always rest when needed.</p>	<p>Avoid "leverage" such as Bow Pose.</p> <p>Or traction back bends such as Wheel.</p>	<p>Cue "engagement of the core" to greater support the back.</p>
2.				
3.				
4.				

Final result:

Pass

Refer



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Assessor feedback sheet

Learner's Name: _____ Assessor's Name: _____

Question number	Assessor feedback
	<div style="border: 2px solid blue; padding: 10px;"><p>If you are referred for one or more of your worksheets the assessor will leave feedback here. When re-submitting please leave your original answers, adding any more text in a different coloured font.</p></div>

Final Results

	Assessment Outcome			Re-Assessment Outcome		
	PASS	REFER	DATE:	PASS	REFER	DATE:
Worksheet A	PASS	REFER	DATE:	PASS	REFER	DATE:
Worksheet B	PASS	REFER	DATE:	PASS	REFER	DATE:
Worksheet C	PASS	REFER	DATE:	PASS	REFER	DATE:
Worksheet D	PASS	REFER	DATE:	PASS	REFER	DATE:

Assessors Signature: _____

**an electronic signature is acceptable on this document*

IAQ's signature: _____ Date: _____

**an electronic signature is acceptable on this document*