Reference to text

The original worksheets were written by the British Wheel of Yoga which reflects a Level 3 award (equivalent to A Level) and therefore referencing is required.

Referencing at this level would be to prove you have read around the subject and can give back up to the statements you make in an answer. These references need to be authorities in Yoga and therefore 'reference to text' here usually means ancient text quotes such as from the Bhagavad Gita or The Upanishads, Hatha Yoga Pradipika, Yoga Sutras of Patanjali etc. It could also be a famous modern day swami or yoga guru such as Swami Sivananda or BKS Iyengar.

The Yoga Professionals manual has these references to ancient text within it so every answer you need is in the manual you receive on your practical training. You may, if you wish quote from your own book collection.

Where it asks to give reference to text for Bandhas simply quote the text from the Hatha Yoga Pradipika.

For further information on referencing to text please log into the student zone on the Yoga professionals website at http://www.yogaprofessionals.net/student-zone