



Analytical study of the implementation of pedagogy in the process of yoga training

Mandaliya Neha Devang, Ph.D. Scholar, Lakulish Yoga University, Ahmedabad.

ndmandaliya143@gmail.com

Dr. Nehal Dave, Associate Professor, Lakulish Yoga University, Ahmedabad.

<https://vidwan.inflibnet.ac.in/profile/340490>

Abstract:

Yoga, an ancient practice originating from India, has gained immense popularity worldwide not only as a physical exercise but also as a holistic approach to mental, social and spiritual well-being. As its popularity grows, so does the need for structured and effective teaching methods to impart the profound principles and techniques of yoga. This is where the implementation of pedagogy becomes crucial in the process of yoga training. By applying pedagogical principles, instructors can create structured, engaging, and effective yoga programs that cater to the diverse needs of students. This not only enhances technical proficiency but also nurtures a deeper understanding and appreciation of yoga's transformative potential in practitioners' lives. As yoga continues to evolve globally, the role of pedagogy remains pivotal in shaping the future of yoga education and practice. Yoga has gained popularity worldwide as a form of physical exercise and mental relaxation. However, the true essence of yoga lies in its spiritual and philosophical teachings, which are often overlooked in modern yoga classes. To ensure that students receive a comprehensive education in yoga, it is essential to implement pedagogical strategies in the training process. Pedagogy, the science of teaching, plays a crucial role in guiding students through the practice of yoga. By incorporating pedagogical principles such as lesson planning, differentiated instruction, and assessment techniques, yoga instructors can create a structured and effective learning environment for their students. One key aspect of implementing pedagogy in yoga training is the development of a well-rounded curriculum. This includes a balance of physical postures (asanas), breathing techniques (pranayama), meditation practices,



and philosophical teachings from ancient yogic texts such as the Yoga Sutras, Hathayoga Pradipika, Bhagvad Gita etc. By offering a comprehensive curriculum, instructors can ensure that students receive a holistic education in yoga that goes beyond just the physical aspects of the practice.

Keywords: Yoga Education, Pedagogy, Holistic Yoga Practice

Research Objective:

To understand the relation between collective educational teaching learning process and yoga education. And, how an instructors can create structured, engaging, and inclusive yoga programs that cater to the diverse needs of students by applying pedagogical principles.

Introduction:

Yoga is basically originated from ancient India, which has transcended cultural and geographical boundaries to become a global phenomenon renowned for its physical, mental, and spiritual benefits. As interest in yoga continues to grow, the need for effective teaching methodologies becomes increasingly important to ensure that its profound teachings are imparted accurately and inclusively. This article explores the crucial role of pedagogy in the process of yoga training, highlighting how structured educational approaches enhance learning outcomes and deepen practitioners' understanding. Effective yoga training begins with clearly defined learning objectives. It is seen that most of the teacher-students' of present day are aware towards yoga education as they belong to the net oriented society. So due the influence of social media as well as their new curriculum of B. Ed. by NCTE, they have awareness towards yoga education.(NCTE, 2015)

Pedagogical principles help instructors articulate these objectives in a way that is specific, measurable, achievable, relevant, and time-bound. This ensures that students understand what they are expected to learn and achieve. Furthermore, differentiation is essential in yoga training to accommodate students of varying abilities and backgrounds. Instructors should be able to modify their teaching methods and practices to meet the needs of individual students, whether they are beginners or advanced practitioners. By providing personalized instruction, instructors can ensure that all



students are able to progress in their practice and deepen their understanding of yoga. Assessment is another crucial aspect of implementing pedagogy in yoga training. Instructors should regularly evaluate students' progress through formal assessments such as exams or practical demonstrations, as well as informal assessments such as observation and feedback. By assessing students' knowledge and skills, instructors can identify areas for improvement and provide targeted support to help students reach their full potential.

Yoga has evolved from a deeply personal and guru-shishya (teacher-student) lineage to a globally recognized system of health and well-being. With its increasing inclusion in academic curricula, there is a pressing need to explore how the rich traditions of yoga can be meaningfully conveyed in modern educational setups. The guru-shishya *parampara* emphasized transformation through lived experience, self-discipline, and long-term mentorship. In contrast, modern pedagogy focuses on structured curriculum, standardized assessment, and learner autonomy. To ensure that yoga retains its transformative essence while remaining accessible and academically viable, an integrative pedagogical approach is crucial.

Literature review

The implementation of pedagogy in the process of yoga training is a complex and multifaceted process that requires careful consideration of various factors. Research has shown that policy aims can be achieved if an awareness of the complexity of the implementation process is maintained (Younie, 2006). In the context of student-centered pedagogy (SCP), recent curricular reforms in Turkey have aimed to advocate for SCP in primary schools, with a focus on exploring teacher views, classroom practices, and perceived challenges in the implementation process (Altinyelken, 2011). Furthermore, the psychological and educational aspects of P. Freire's pedagogy have been studied in the training of professionals in Latin America, highlighting the importance of socio-economic activities and the concept of profession in society (Zhizhko, 2014). Additionally, the prospects of multicultural education have been explored in Germany and Russia, emphasizing the importance of historical frames of reference in the study of pedagogy (Aniskin et al., 2015). Innovative pedagogical



approaches have also been discussed in the context of educational organizations, with a focus on developing new methodological knowledge and tools for implementing change in educational settings (Penttilä, 2016). The mastery of teacher pedagogy competence in the implementation of curriculum 2013 in Indonesia has been examined, highlighting the importance of teacher training and competency in the educational process (Bentri, 2017). (Conboy et. al., 2010) highlighted the importance of moving beyond a disease-focused approach to health and exploring the effects of yoga teacher training on flourishing. (Musial, 2011) discussed the intersection of engaged pedagogy in the feminist classroom and yoga studio, emphasizing the ethical considerations that arise during yoga teacher training. (Creary, 2013) delved into the concept of constructing a domain-transcendent identity through practices such as yoga teacher training. (Davies, 2013) questioned whether modern yoga teacher training is underpinned by re-imagining communities of practice. (Baguley et. al., 2014) explored individual learning needs and the design of learning programs, including the choices made by yoga teachers in constructing their yoga teacher training programs. (Kepner et. al., 2015) distinguished between yoga teacher training and yoga therapist training, as well as the difference between yoga teaching and yoga therapy. (Cook-Cottone et. al., 2017) introduced a trauma-informed yoga framework, emphasizing the mind-body connection in yoga practices. (Raappana, 2017) discussed the art and science of happiness, which could be a potential outcome of yoga teacher training. (Freeman et. al., 2018) evaluated a yoga teacher training program for adults in custody, focusing on the impact of bringing yoga psychology to this population. (Reeves, 2021) highlighted the benefits of yoga for veterans and military personnel, showcasing the potential impact of yoga teacher training in these specific communities.

Several scholars and educators have highlighted the importance of integrating traditional knowledge systems with contemporary educational methods: (Feuerstein, 2001) notes that yoga is not merely a physical practice but a comprehensive spiritual discipline. He emphasizes that the essence of yoga lies in its experiential transmission, which often gets diluted in modern teaching formats.



(Tiwari, 2010) underscores the importance of classical texts such as the Patanjali Yoga Sutras, Hatha Yoga Pradipika, and Bhagavad Gita, advocating their central place in yoga education. However, he also calls for innovations in pedagogy to ensure relevance for the modern student.

(Rangan, 2014) in his work with the Vivekananda Yoga University stresses the integration of research-based pedagogy with the wisdom of traditional practices. His model combines scriptural study with empirical validation and modern instructional design.

(Nagendra, 2018) outlines a framework for yoga education that balances ancient principles with evidence-based teaching methods. He highlights the potential of yoga in promoting not just health, but ethical and spiritual awareness, provided it's taught with authenticity and scientific support.

These works provide a strong foundation for rethinking how yoga can be taught in today's academic contexts. Overall, the literature suggests that yoga teacher training goes beyond physical postures and breath work, encompassing ethical considerations, identity construction, and potential positive impacts on individuals and communities. Also, it suggests that the implementation of pedagogy in yoga training requires a comprehensive understanding of policy aims, student-centered approaches, psychological and educational aspects, multicultural education, innovative pedagogical methods, and teacher training competencies. By incorporating these various factors into the implementation process, educators can enhance the effectiveness of yoga training programs.

Understanding Pedagogy in Yoga Training

Pedagogy refers to the theory and practice of education, encompassing strategies, methods, and techniques used to impart knowledge and skills effectively. In the context of yoga training, pedagogical approaches are essential to ensure that the teachings are comprehensive, accessible, and tailored to the diverse needs of learners. In the context of yoga training, it encompasses the strategies, methods, and techniques used by instructors to facilitate learning effectively. While yoga has its roots in ancient wisdom and spiritual traditions, modern pedagogical approaches are essential to adapt



these teachings to contemporary practitioners' needs. Implementing pedagogy in yoga training requires a holistic approach that respects the traditional aspects of yoga while adapting to modern educational practices. The implementation of pedagogy in the process of yoga training involves applying educational theories and teaching methods to facilitate effective learning and practice of yoga. This includes designing curriculum, using appropriate teaching techniques, creating a conducive learning environment, and considering the needs and backgrounds of the students. Here are some key aspects of implementing pedagogy in yoga training:

1. Curriculum Design

- **Goal Setting:** Define clear objectives for what students should achieve, such as physical, mental, and spiritual goals.
- **Syllabus Development:** Structure the course content, including asanas (postures), pranayama (breathing techniques), meditation, philosophy, and anatomy.
- **Progression:** Plan a gradual increase in difficulty and complexity, catering to different levels of students.

2. Teaching Techniques

- **Demonstration:** Show proper techniques and alignments for each asana and breathing exercise.
- **Instruction:** Provide clear and concise verbal instructions, including cues for breath and movement coordination.
- **Observation and Feedback:** Monitor students' practice and offer personalized adjustments and corrections.
- **Use of Props:** Introduce props like blocks, straps, and bolsters to aid in achieving proper alignment and support.

3. Learning Environment

- **Atmosphere:** Create a serene and supportive atmosphere that encourages self-exploration and mindfulness.



- Inclusion: Consider the diverse backgrounds and physical abilities of students, offering modifications and alternatives as needed.
- Encouragement of Self-Discovery: Promote a non-competitive environment where students can explore their own limits and progress at their own pace.

4. Assessment and Evaluation

- Self-Reflection: Encourage students to reflect on their own practice and progress, fostering self-awareness.
- Feedback: Provide constructive feedback and guidance, helping students identify areas for improvement.
- Evaluation: Assess students' understanding and application of yoga principles through practical and theoretical evaluations.

5. Integration of Philosophy and Ethics

- Yogic Principles: Incorporate teachings of the *Yamas* (ethical guidelines) and *Niyamas* (self-discipline practices) into the training.
- Mindfulness and Meditation: Include practices that cultivate mindfulness, inner peace, and spiritual growth.

6. Use of Technology

- Online Platforms: Utilize online platforms for virtual classes, resources, and community engagement.
- Multimedia Resources: Incorporate videos, audio guides, and written materials to enhance learning.

7. Continuous Professional Development

- Ongoing Training: Encourage yoga teachers to continue their own education and training, staying updated with new techniques and philosophies.
- Community Engagement: Foster a sense of community among students and teachers, promoting sharing and learning from each other.

The implementation of pedagogy in the process of yoga training is essential for fostering meaningful learning experiences.



The Role of Pedagogy in Effective Yoga Instruction

1. **Structuring Learning Objectives:** A fundamental aspect of effective yoga training is setting clear and achievable learning objectives. Pedagogical principles help instructors define these objectives in a manner that is specific, measurable, achievable, relevant, and time-bound (SMART). This clarity ensures that students understand what they are expected to learn and how they will progress in their practice.
2. **Adapting to Learner Diversity:** Yoga practitioners come from diverse backgrounds, ages, and physical capabilities. Pedagogical strategies such as differentiated instruction and adaptive teaching techniques allow instructors to tailor their approach to meet the unique needs of each student. This might involve modifying poses, providing variations, or offering personalized guidance to ensure inclusivity and accessibility.
3. **Engagement and Motivation:** Sustaining student engagement and motivation is crucial for effective learning. Pedagogical methods emphasize creating a supportive and inspiring learning environment. This can include interactive sessions, opportunities for self-reflection, and fostering a sense of community among practitioners. By understanding and responding to students' motivations and interests, instructors can cultivate a deeper commitment to their yoga practice.
4. **Skillful Sequencing and Progression:** Yoga practice typically involves a progression from foundational poses to more advanced techniques. Pedagogical expertise enables instructors to design structured sequences that systematically build upon students' skills and knowledge. This thoughtful progression not only enhances learning outcomes but also minimizes the risk of injury by ensuring that practitioners develop strength, flexibility, and mindfulness gradually and safely.
5. **Effective Communication:** Clear and compassionate communication is essential in yoga instruction. Pedagogical approaches emphasize using language that is accessible and inclusive, while also conveying the philosophical and spiritual dimensions of yoga. Instructors employ precise cues, demonstrations, and verbal instructions to guide students through their practice with clarity and mindfulness.
6. **Assessment and Feedback:** Assessing students' progress and providing constructive feedback are integral components of pedagogy in yoga training. This may involve



observing alignment, breath awareness, and overall performance during practice sessions. Feedback is offered sensitively to encourage growth and development without discouraging students, fostering a supportive learning environment where practitioners feel empowered to refine their practice.

Integrating Traditional Wisdom with Modern Pedagogy

While yoga is rooted in ancient wisdom and spiritual traditions, its modern-day practice requires an integration of traditional teachings with contemporary pedagogical methods. This blend ensures that the essence of yoga is preserved while making it accessible and relevant to today's practitioners. In contemporary education, especially in Yoga studies, the integration of traditional wisdom with modern pedagogical approaches is essential for fostering holistic development in learners. Traditional knowledge systems, deeply rooted in experiential learning and spiritual realization, often appear to contrast with the standardized, evidence-based framework of modern pedagogy. However, synthesizing these paradigms can lead to an enriched educational environment, where ancient yogic insights are taught using scientifically validated, learner-centric methods. This section explores the relevance, challenges, and methodologies of integrating these two domains, supported by literature and examples from the field of yoga education.

1. Traditional wisdom in Yoga: Traditional yoga education was rooted in the following principles:

- **The Lineage (*Guru Shishya Parampara*):** This was the heart of Indian spiritual education, where the teacher imparted knowledge based on the individual needs and readiness of the student. It emphasized self-inquiry, ethical living, and spiritual discipline.
- **Experiential Learning:** Knowledge in yoga was validated through direct experience. Practices like *asana*, *pranayama*, *dhyana* (meditation), and *svadhyaya* (self-study) were central to internalizing knowledge.
- **Holistic Curriculum:** Yoga education traditionally integrated physical, mental, emotional, and spiritual dimensions. It included moral and ethical precepts (*Yama* and *Niyama*), rituals, mantra chanting, and philosophical inquiry.



- Scriptural Study: Texts such as *Patanjali Yoga Sutras*, *Upanishads*, and *Bhagavad Gita* were studied and interpreted in the context of personal practice.
2. Modern pedagogy: Contemporary pedagogy is grounded in educational psychology and research-based practices, including:
- Student-Centered Learning: Learners are seen as active participants. Instruction is differentiated and adaptive.
 - Assessment and Evaluation: Learning outcomes are measured through both formative and summative assessments.
 - Use of Technology: Digital tools are employed for instruction, engagement, and feedback.
 - Interdisciplinary Approach: Learning often connects multiple domains — for example, combining yoga with anatomy, psychology, or philosophy.
 - Evidence-Based Instruction: Teaching methods are validated through research, with a focus on measurable results.
3. Bridging the gap by a harmonized approach:
- It is necessary to use a coordinated strategy to close the distance. Classical texts and modern knowledge should both be included in a well-designed curriculum. Examining the Yoga Sutras with contemporary commentary and psychological understanding, for instance. Incorporating contemporary topics like anatomy, psychology, and pedagogy into yoga teacher training; teaching asanas not only as physical exercises but also with an emphasis on its energizing and contemplative qualities.
 - Methods of Instruction should be in blended learning way. Incorporate contemporary presentations or films with chanting and storytelling. Assign students to read classic books at home, then have class discussions on how they understand them. Examine moral conundrums in yoga or the use of yoga in treatment using actual cases like Case-Based learning.



- Assessment techniques should be combined traditional modes like observation of behavior and inner transformation with modern tools like quizzes, peer assessments, and reflective journals.
- The teacher should act both as a facilitator and a mentor — guiding students with traditional insights while supporting individual exploration. Continuous professional development should include studies in both classical texts and modern educational psychology.

Technology-Enabled Applications of Traditional Yoga

In recent years, technological advancements have significantly enhanced the accessibility and delivery of traditional yogic practices, leading to innovative and immersive learning experiences. Yoga apps powered by artificial intelligence, such as Yoga Glo and Asana Rebel, personalize traditional asana and pranayama routines based on user goals while offering real-time posture correction through smartphone sensors. Virtual and augmented reality platforms create meditative environments for practices like Trataka and Dhyana, replicating the serenity of natural settings and providing interactive guidance. Many established yoga institutions like Kaivalyadhama, S-VYASA, Lakulish Yoga University have adopted hybrid teaching models, blending classical scripture study with modern e-learning platforms and Learning Management Systems (LMS), allowing global learners to access ancient wisdom. Wearable technology such as smartwatches and fitness trackers now monitor heart rate variability and breath patterns during pranayama and meditation, offering biofeedback to deepen practice. In clinical settings, neurofeedback and EEG-based tools assist in yoga therapy for stress, anxiety, and attention disorders, demonstrating the efficacy of combining traditional meditation with scientific measurement. Furthermore, digital tools for mantra chanting and sound healing, enhanced with binaural beats and solfeggio frequencies, are being used to enrich chakra-based meditations and subtle body practices. Even on social media platforms, revered yoga masters and traditional institutions are disseminating scriptural teachings and guided practices through short videos, webinars, and interactive sessions, bringing the essence of the guru-shishya tradition into the digital age. Renowned yoga gurus and institutions use platforms like



YouTube, Instagram, and mobile apps to share ancient teachings through short videos, reels, and webinars. Integration of traditional storytelling and chanting with modern presentation styles (e.g., animations, visual metaphors) demonstrate that modern technology, when used thoughtfully, can support and amplify the depth and authenticity of traditional yoga.

Practical Examples

Some of the renowned Yoga universities integrates traditional yoga with modern science. They conduct empirical research on the efficacy of yoga while maintaining fidelity to scriptural teachings. Their pedagogy includes lectures on traditional philosophy, scientific seminars, experiential practice, and student-led discussions. Some institutions use Learning Management Systems (LMS). In live streaming of classes Hatha Yoga Pradipika, Gheranda Samhita, Bhagavad Gita and Upanishadic yoga is taught in structured online classrooms. Students access rare manuscripts, shloka recitations, and expert commentaries through institutional e-libraries and Digital archives. Quizzes are formed with combine traditional text learning with assessments to provide diplomas and degrees in yoga studies. Certification is done based on the theory and practical exam performance. The *NCERT Yoga Curriculum* for Indian schools attempts to integrate yogic concepts with child psychology and physical education. It uses modern pedagogical tools like workbooks, visual aids, and interactive activities while grounding the content in ethical and spiritual themes from traditional texts. Many modern yoga institutions offer hybrid formats combining online modules with on-site immersions. Online theory: Study Yoga Sutras, Bhagavad Gita, anatomy, and yoga psychology via Zoom or LMS and In-person practice: Attend residential retreats for immersive experiences of karma yoga, mantra chanting, and *satsang*.

Real time challenges in integration and Recommendations

- **Dilution of Traditional Values:** In the effort to modernize, the deeper spiritual and ethical dimensions may be lost. It's recommended to develop curricula that balance scriptural rigor with pedagogical innovation.
- **Standardization Issues:** Yoga is inherently personal and experiential. Standard curricula may not capture this depth. It's recommended to encourage studies on



how traditional methods can be effectively taught using modern tools and it's standardization by higher authentic governing bodies.

- **Lack of Trained Faculty:** Teachers who understand both traditional and modern pedagogical systems are rare. It's recommended to create certification programs for yoga educators that cover ancient texts, modern science, and educational methodology.
- **Resistance from Both Ends:** Traditionalists may see modern pedagogy as superficial, while modern educators may view traditional methods as unscientific. It's recommended to use reflective journals and feedback mechanisms to ensure that the teaching remains experiential and transformative.

Integrating traditional wisdom with modern pedagogy in yoga classes is not just a pedagogical choice—it is a cultural imperative. As yoga gains prominence worldwide, preserving its authentic spirit while making it accessible to diverse learners is essential. This integration fosters a learning environment where ancient insights meet modern tools, resulting in well-rounded, aware, and healthy individuals.

Conclusion

In conclusion, the implementation of pedagogy in the process of yoga training is essential for cultivating meaningful and impactful learning experiences. This not only enhances technical proficiency but also deepens practitioners' understanding and appreciation of yoga as a holistic practice for physical, mental, and spiritual well-being. As yoga continues to evolve globally, the role of pedagogy remains pivotal in shaping the future of yoga education and practice, ensuring its accessibility and relevance in an increasingly interconnected world. It is essential for providing students with a comprehensive education in yoga. By developing a well-rounded curriculum, differentiating instruction, and conducting regular assessments, instructors can create a structured and effective learning environment that supports students in their journey towards overall well-being through the practice of yoga.

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