

# KYNESIOLOGY OF STRATEGIC LEADERSHIP

IE SCHOOL OF SOCIAL AND  
BEHAVIORAL SCIENCES

EXECUTIVE MASTER IN  
POSITIVE LEADERSHIP  
AND STRATEGY-EXMPLS

SESSIONS: 17

PROFESSOR: **JOHANNES GLARNER**

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## **Academic Background**

PhD in German Literature and Philosophy, University of Zurich, Switzerland  
Master's Degree in Philosophy, Literature and Music, University of Zurich

## **Professional Background**

Yoga Teacher Diploma (1200 training hours Diploma) and membership in US Yoga Alliance (500 training-hours)

Yoga-Teacher in Iyengar, Hatha and Ashtanga Yoga in Zurich, Switzerland

Founder of the Yoga Collegium in Zurich (teachers teaching teachers)

Independent author, producer, director, actor and director in Dramaturgy at various theaters in Germany and Switzerland (Stuttgart, Basle, Zurich; please see Annex for works realized on stage);

Audio-play writer and director for Swiss Radio DRS 1 and 2

Associate of Swiss Radio DRS 2 (commentator of classical music)

# FOUNDATION OF THE COURSE

Whenever we perceive something, think and feel or take decisions and act: we do so by means of sensations occurring in our bodies. Our perceptions, our thinking, our feeling and our resulting reactions and actions are always directly connected to our body's state and condition; they are under its influence and depend on it – even when we are acting in leading positions.

We are used to negate our body when we are at work. It is supposed to function and obey in a manner as efficient, silent and frictionless as possible. Sometimes it would be best if it weren't there at all; or it would be preferable, if it were nothing more than an elegant riding animal for our head. At least we treat it – somewhat unconsciously – as though it were such a mere riding animal: We feed it, clean it and groom it just like a riding animal, according to the required circumstances. In reality we are constantly having it trot along under us, drilled quite well, sometimes somewhat exercised and once in a while even spruced up.

Our body is however always present as an integrated whole, even if in our professional lives it may seem at times that we have no need for it. And of course, nothing will go without it. There can be no step, no blink of an eye or single mouse-click without it. A body is always there and, else than thought, it cannot lie. It will always clearly tell us where its limits lay and it will give us strong indications if it is not doing well, be it partially or entirely.

And that's not all: The way we treat our body, the way we move it, the postures we adopt: all of that forms our feelings and thoughts and therewith our sight of the outer world, of others and of the tasks lying in front of us. The other way around we are formed by our thoughts and feelings and they imperceptibly inscribe themselves as patterns in our body starting from childhood. And the older we grow, the more these inscriptions become perceptible and visible.

If we really want to lead in a positive way, it is advisable to start with ourselves, by knowingly guiding our own body. If we empirically examine it and thereby also open it to some extent, we will incidentally get to know the functioning and the conditionings of our mind better. Our thought and our feeling will automatically open up for all that is positive. We will come to be individuals and decision-makers who are more autonomous because they are more self-aware. By getting aware of our individual physical- and breathing patterns, we become able to recognize the borders and frames of our cognition and with that, to instinctively widen our perceptive- and sensual patterns. With the help of selected techniques and of precise, neutral observation, we can even start to break them down step by step. With that we unleash blocked energies and at the same time we become more energetic and more relaxed, more creative and decisive, friendlier and more trustful. *Mens sana in corpore sano.*

## Definition

In the present context the term kinesiology does not refer to the according concept for diagnostics and treatment in the alternative medicine fields of chiropractic and physical therapy, instead it refers in a general way to the science of motions and especially the science of flows and fluctuations within ourselves (κίνησις *kinesis*, 'motion'; und λόγος *logos*, 'word', 'doctrine'). *Panta rhei*, everything flows. We are constantly moving without interruption: physically, energetically, mentally. The managerial aspect of this doctrine lies in the process of harmonizing the mental, emotional and physical aspects of our being.

The goal will be to create an increased awareness for those partially voluntary but largely involuntary outer and inner motions and gradually start to influence and control them. In fact we will work at expanding the spinal column in all directions – it being the receptacle for the extension of the central nervous system, at opening hips and shoulders, at enhancing the capacity of the heart-lung system and we will deal with the most important intellectual-spiritual motions of our mind and their pre-conditions.

This course goes to the foundations of all forms of leadership. We will direct our view inward and start to uncover all our personal patterns. In order to do so we will make use of the most powerful and most efficacious techniques of the oldest of all body- and consciousness sciences: Yoga. *Yoga is skill and efficiency in action*, as stated in the famous Indian scripture Bhagavad Gita. Students will be introduced to highly efficient techniques throughout the course, which they will not encounter during standard yoga courses and of which they can make personal use in their private and professional everyday life.

## Methodology

We will set the basis for the skilfulness we aspire by means of physical-, respiratory-, concentration- and relaxation exercises that may seem simple at first sight. Again: We will unveil core patterns and ultimately encounter and influence the basic patterns of our being our thinking, feeling, behaviour, speaking and acting. These self-encounters in a protected and nurturing context will establish the best possible preconditions for a positive, pro-active and strategic leadership in addition to their evident invigorating and revitalizing effect.

It is true for any kind of **bodywork**: A pinch of experience is worth a pack of theory. And so this course will in fact emphasise practice more than theory. Accordingly the five kinesiology modules, distributed over the whole program will mainly serve to experience the conditionality of our psycho-mental complex in an empiric-practical manner and to prevail over it. Practice will consist of guided, gently progressing lessons of one- to two hours each, taught frontally using mats and in comfortable clothing.

The theoretical part covers five individual fields:

- a) Definitions (Philosophy for a quiet and more intuitive mind and consciousness)
- b) Psychology (How is our mind working? What are the premises of and the deeper influences on our thinking and feeling?)
- c) Ethics (Disciplines of behaviour vis-à-vis ourselves and others)
- d) Life force (How do the energy flows in our bodies work?)
- e) Anatomy/Physiology (Useful insights into our main body systems)

Four classical teaching methods will be used alternately for the theoretical part: Lectures (short impulse presentations), teaching by elaborating on questions and Power Point presentations, open seminar discussions and group work based on articles, publications, graphs and introductory short film clips.

Theory sessions will be held separately in the practice room. Some theoretical key terms however, will time and again be referred to during practice sessions as well, in order to deepen the understanding of them. Theory lessons will preferably be given directly after meals so that practical lessons can be carried out while feeling light.

## Benefits

Due to this special bodily workout and attuning and due to the techniques the participants will be acquainted with, the main benefits that will be taken out of the course are:

1. Invigorating and strengthening the body; improved physical health and better state of health on all levels; less affections of body and mind.
2. General stress and fear reduction and a noticeable gain of personal energy.
3. A more quiet, relaxed, trustful, joyous, productive, focused and decisive mind.
4. Ability for more intuitive and creative behaviours and actions.

A Yoga teacher from the USA, known world wide, put it this way: „In time you will discover that your practice affects your whole life in a positive way. Your daily life will take on the essence of confident energy flow, productive organization, flexibility of mind and body, clear communication, with a sense of inner peace. Yoga is an internal practice with external results

touching every aspect of your whole life in a positive way... You become aware of how your thoughts, actions and words touch others and the world around you." (Doug Swenson, The holistic approach to life)

## Learning objectives

On a **theoretical level** students

1. Will be (re-)introduced briefly to the most important human physical systems with respect to improving well-being. They will be given valuable tips and tricks in order to learn how to improve their health in everyday-life in simple ways.
2. Will get to know the most important useful concepts of yoga-philosophy and -psychology. The latter reaches deeper than any western psychology, since it is geared towards a psychology of the self and not the ego.

The following are some specific theoretical objectives:

- a) Knowledge of the musculoskeletal system, the cardiovascular system, the respiratory system, the alimentary system, the nervous system; the endocrinal system.
- b) Deeper understanding of yoga and its meaning
- c) Becoming familiar with what our mind consist of and how it functions
- d) Capability to distinguish "self" and "ego"
- e) Grasping vitality and vital energy
- f) Deeper understanding of values a positive leader could adopt as basis
- g) How can I develop a vision?

On a **practical level** students will be introduced to techniques from the physical (1), energetic (2) and mental (3) spheres. They will get to know:

ad 1)

- a) Useful cleansing techniques
- b) How to "open" the vertebral column, hips and shoulders by means of fundamental standing postures and the most important seated postures; how to strengthen the entire muscular system.
- c) Two relaxation techniques: the corpse pose and dynamic sleep.

ad 2)

- a) Various forms of breath control: yogic breathing, ocean or victorious breathing, alternate nostril or nerve cleansing breathing
- b) Nutritional advice

ad 3)

- a) How to withdraw ones senses
- b) Useful concentration exercises

# Materials

## **Readings**

Books:

- B.K.S. IYENGAR: LIGHT ON YOGA. Thorsons 2001<sup>18</sup>.

This is the modern 'Bible' of all (also advanced) Hatha Yoga postures (there is no reason to get shocked!) with a useful introduction we will refer to during the course and with a compact chapter about the main breathing techniques.

<http://www.abebooks.com/9780007107001/Light-Yoga-Iyengar-0007107005/plp>

- SWAMI SATYANANDA SARASWATI: ASANA PRAYAMA MUDRA BANDHA. Bihar Yoga 2008<sup>4</sup>.

Systematic manual about Hatha Yoga, edited by the Bihar School of Yoga. This book is the best completion to Iyengars classic. The Bihar School is actually the worldwide leading publisher on the topic of Yoga. We will also refer to this book during the course.

<http://www.studytemple.com/forum/healthcare-fitness/732308-asana-pranayama-mudra-bandha.html>

- ECKHART TOLLE: THE POWER OF NOW. Kindle Edition 1999.

A famous classic and solid introduction to many of the themes, concepts and approaches that will be treated in the course.

<http://www.amazon.com/Power-Now-Guide-Spiritual-Enlightenment/dp/1577311523>

### ● **Clothing**

Comfortable clothes: T-shirts, stretching pants or leggings or shorts, socks and a pullover. The practice will be done barefooted.

### ● **Mats**

If some of the students are already in possession of a personal yoga-mat, they should convey IE about it and bring the mat along. For the others (they should equally convey it) there mats will be provided by the School.

### ● **Props**

Should anyone be anxious, physically stiff or suffer from an injury or ailment, they are advised to additionally bring a yoga-belt or yoga block with them.

# Program

## **1. Workload**

### **Practise:**

This course provides an introduction to personal Change Management. It can initiate a positive awareness- and transformation-process on the physical, energetic and mental levels, if students perform a short, individually tailored practise-program three or four times a week, at home or on the way, throughout the period of the course. The exercises will take approximately fifteen minutes a day. It is best to always carry out the whole sequence without interruption at the same time of the day and at the same quiet and clean place. In addition we recommend visiting a trustworthy yoga studio once a week, at ones domicile or en route. Practising programmes will be communicated always at the end of modules.

### **Theory:**

Mandatory reading is deliberately kept fairly low in favour of self practise. It is basically covered by the abovementioned books, which should be studied bit by bit, and by some current articles from the press and the internet. Some of the shorter texts and articles to be discussed during the course will be provided shortly in advance of the sessions per links or in

electronic formats. For other deepening readings: look background readings and literature/bibliography below.

For sessions 2 to 5 students will hand in a two page reflective paper for each session, reflecting on their personal experiences with the program and for the end of the course they will write a summarising reflective essay.

## **2. Structure and focal points of Modules I-V**

Physical practise consisting of standing-, sitting-, lying- and reverse postures will continuously be a part of all five modules in order to initiate the mentioned development process and in order to carry out precise alignments and adjustments, avoid false application of techniques and avoid injuries. Respiratory-, concentration- and relaxation exercises will be carried out while standing or lying.

During modules 1, 2 and 5 practical exercises will be carried out at the beginning and the end of the day, during modules 3 and 4 they will take place at the end of the sessions. Practise sessions are based one on the other and are gently progressive.

For the preparation and the revision of modules and sessions there are three forms of readings:

**[P]** Primary readings you should read fully and carefully. These are the core readings and you should come to each session prepared to talk about them or to apply the inherent techniques.

**[Pp]** to read ex post/after the event.

**[Q]** Quick readings taken from books, the popular press and online sources. These are intended to inform you quickly, provide you with general information or get you thinking about your personal real-world situations and possible applications. These readings should not take you much time to read.

**[Qo]** optional.

**[B]** Background readings are optional, however they present an excellent chance to study techniques in detail or to deepen and broaden ones knowledge of the material taught during lessons at a more advanced level.

### **Module 1**

**5 sessions (whole day):**

**Impulse day / Panorama day**

- Immersions/Theoretical and practical insights to the fundamental concepts and techniques of the kinesiology of positive leadership and strategy on all levels.
- Definitions.
- Anatomy and physiology regarding kinesiology and daily life habits.
- Advantages for managers.
- Presentation and annotation of basic concepts during the discussion of 'The Power of Now' 1.
- Physical practice: Fundamentals 1.
- Breathing techniques: yogic breathing, ocean or victorious breathing, alternate nostril or nerve cleansing breathing 1 (Anuloma Viloma Pranayama).
- Concentration technique 1: Nose. (Anulom Vilom & Prana Shuddhi.)

## Readings

[P] LIGHT ON YOGA: Definition and stages, pp. 1-4; Hints and cautions for postures, pp. 35-39; Hints and cautions for breathing, pp. 361/62; [Pp] Basic abdominal lock (Uddiyana Bandha), pp. 355-57; [Pp] Ocean/victorious breathing (Ujjayi Pranayama), pp. 369/70.[Pp] Postures indicated at the end of the day.

[P] ASANA PRANAYAMA MUDRA BANDHA: Introduction, pp. 1-5; [Pp]Yogic breathing, pp. 383/84; Introduction: Body locks (Bandha): 471/72; [Pp] Introduction to the six cleaning techniques (Shatkarma), pp. 487/88; [Pp]Stimulating the digestive fire (Agnisara Kriya), pp. 505-07; [Pp] Abdominal rotation (Nauli Kriya), pp. 515-19.

[P] THE POWER OF NOW, chap. 1 and 2, pp. 9-38.

[Q] IMPACT OF YOGA WAY OF LIFE ON ORGANIZATIONAL PERFORMANCE.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2997233/>

[Q] INTEGRATED YOGA THERAPY FOR IMPROVING MENTAL HEALTH IN MANAGERS.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3425246/>

[Q] YOGA THERAPY FOR DEVELOPING EMOTIONAL INTELLIGENCE IN MIDLIFE MANAGERS.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3156497/>

[Qo] EXPLORING THE THERAPEUTIC EFFECTS OF YOGA AND ITS ABILITY TO INCREASE QUALITY OF LIFE.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>

[Qo] RIDDING THE BODDY OF TOXINS.

<http://www.myogaonline.com/healthy-living/health-and-wellness/bye-bye-ama-ridding-the-body-of-toxins>

[Qo] MODULATION OF IMMUNE RESPONSES IN STRESS BY YOGA.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3144610/>

[Qo] THE BENEFITS OF YOGA ON THE PARASYMPATHETIC NERVOUS SYSTEM.

<http://healthyliving.azcentral.com/benefits-yoga-parasympathetic-nervous-system-1519.html>

[Qo] PENETRATING POSTURES: THE SCIENCE OF YOGA.

<http://www.forbes.com/sites/alicegwalton/2011/06/16/penetrating-postures-the-science-of-yoga/>

[Qo] TRICKS TO ACTIVATE BOTH SIDES OF THE BRAIN.

[http://articles.timesofindia.indiatimes.com/2012-06-18/health/31838254\\_1\\_human-brain-hemisphere-controls-grey-cells](http://articles.timesofindia.indiatimes.com/2012-06-18/health/31838254_1_human-brain-hemisphere-controls-grey-cells)

[B] B.K.S. IYENGAR: Light on the Yoga Sutras of Patañjali, Thorsons 2002<sub>12</sub>, Definition of Yoga: Sutras 1-4, pp. 48-54.

[B] SWAMI SATYANANDA SARASWATI: KUNDALINI TANTRA, Bihar Yoga, 2007<sub>9</sub>,Anuloma Viloma Pranayama & Prana Shuddhi, pp. 213/14.

[B] DAVID GODMAN: BE AS YOU ARE: THE TEACHINGS OF RAMANA MAHARSHI.

<http://de.scribd.com/doc/100229898/Be-As-You-Are>

[B] SWAMI NIRANJANANDANA SARASWATI: SAMKHYA DARSHAN. Bihar Yoga, 2008.

[B] DR RISHI VIVEKANANDA: PRACTICAL YOGA PSYCHOLOGY, Bihar Yoga, 2008<sub>3</sub>.

[B] SWAMI SATYANANDA SARASWATI: DYNAMICS OF YOGA. Bihar Yoga 2006<sub>2</sub>.

[B] DOUG SWENSON: MASTERING THE SECRETS OF YOGA FLOW – THE HOLISTIC APPROACH TO LIVE.

[http://www.sadhanayogachi.com/article\\_05.htm](http://www.sadhanayogachi.com/article_05.htm)

[B] THE FREE MEDICAL DICTIONARY.

<http://medical-dictionary.thefreedictionary.com/>

## Module 2

5 sessions (whole day):

Body, energy, mind / The category of the “Ego”

- Energy flows within the body and their control.
- Kinesiology functioning and successful operation of the mind.
- I-maker, self, patterns of perceiving and action.
- Values and lifestyle principles.
- 'The Power of Now' 2.

- Deepening the physical practice and new techniques: Fundamentals 2.
- Breathing technique: alternate nostril/nerve cleansing breathing 2.
- Concentration techniques 2+3: Abdominal wall/navel, space of consciousness.

### Readings

[P] LIGHT ON YOGA: Causes for the modification of the mind (Vrittis), pp. 5-11. Inner and outer disciplines (Yamas and Niyamas), pp. 12-20; the other limbs of original yoga, pp. 20-31

[P] ASANA PRANAYAMA MUDRA BANDHA: Introduction to Breathing Control (Pranayama), pp. 369-77

[P] THE POWER OF NOW: chap. 3 and 4, pp. 39-76.

[Pp] The three body locks (Bandhas), pp. 365-67

[Pp] Channel Cleansing Breathing (Nadi Shodana Pranayama) pp. 373-75;

[Pp] Breathing against the natural order (Viloma Pranayama), pp. 383-384.

[Pp] Postures indicated at the end of the day.

[Pp] The three body locks (Bandhas), pp. 473-82

[Pp] Cleaning technique: the shining skull (Kapalbhati), pp. 521/22

[Pp] Cleaning technique: candle flame gazing (Trataka), pp. 523-25.

[Q] EFFECTS OF PRANAYAMA (BREATH CONTROL) ON THE BRAIN

[HTTP://WWW.YOGAMAG.NET/ARCHIVES/1997/AJAN97/PRANBRAN.SHTMLEFFECTS](http://www.yogamag.net/archives/1997/ajan97/pranbran.shtmleffects)

[Q] COPING WITH THE CHALLENGES OF EVERYDAY LIFE

<http://www.yogamag.net/archives/2007/ajan07/cope.shtml>

[Qo] MEDITATION AND THE PHYSICAL TRANSFORMATION OF THE BRAIN I-III

<http://info.profoundmeditationprogram.com/blog-0/bid/221412/Meditation-and-the-Physical-Transformation-of-the-Brain-Part-1>

<http://info.profoundmeditationprogram.com/blog-0/bid/231240/Meditation-and-the-Physical-Transformation-of-the-Brain-Part-II>

<http://info.profoundmeditationprogram.com/blog-0/bid/235901/Meditation-and-the-Physical-Transformation-of-the-Brain-Part-III>

[Qo] THIS IS YOUR BRAIN ON YOGA

<http://www.psychologytoday.com/blog/quilted-science/201209/is-your-brain-yoga>

[Qo] GOOD HABITS MAKE YOU FEEL LIKE YOU'RE GONNA DIE

<http://www.psychologytoday.com/blog/your-neurochemical-self/201205/good-habits-make-you-feel-youre-gonna-die>

[B] WHAT IS PRANA? (LIFE FORCE)

<http://www.yogamag.net/archives/2009/haug09/prana.shtml>

[B] B.K.S. IYENGAR: Light on the Yoga Sutras of Patañjali, Thorsons 2002<sub>12</sub>, psychic-mental motions: sutras I, 5-11, pp. 54-61; the painful tensions: Sutras II, 3-9, pp. 111-117; Remedies: Sutras II, 10-17; pp. 117-124; Inner and outer disciplines: Sutras II, 29-45, pp. 140-157.

[B] DAVID GODMAN: BE AS YOU ARE. THE TEACHINGS OF RAMANA MAHARSHI.

<http://de.scribd.com/doc/100229898/Be-As-You-Are>

[B] SRI NISARGADATTA MAHARAJ: I AM THAT

<http://www.holybooks.com/wp-content/uploads/I-Am-That-by-Sri-Nisargadatta-Maharaj.pdf>

[B] SWAMI NIRANJANANDANA SARASWATI: SAMKHYA DARSHAN. Bihar Yoga, 2008.

[B] DR RISHI VIVEKANANDA: PRACTICAL YOGA PSYCHOLOGIE, Bihar Yoga, 2008<sub>3</sub>.

[B] SWAMI SATYANANDA SARASWATI: DYNAMICS OF YOGA. Bihar Yoga 2006<sub>2</sub>,

Observing the space of consciousness (Chidakasha Vidya) pp. 122-129

### Module 3

**2 consecutive sessions(afternoon):**

**Visions / Decisions / Inner silence**

- Deepening the physical practice and new techniques: Fundamentals 3.
- Creating visions.
- Making decisions.
- 'The Power of Now' 3.
- Breathing technique: alternate nostril/nerve cleansing breathing 2 b, breath retention after inhalation.
- Withdrawal of the senses and inner silence 1.



### **Readings /Listenings**

[P] LIGHT ON YOGA

[P] THE POWER OF NOW: chap. 5 and 6, pp. 77-106.

[Pp] Channel Cleansing Breathing (Nadi Shodana Pranayama) 2 pp. 373-75;

[Pp] Postures indicated at the end of the day.

[Q] SANNYASI DIVYADRISHTI: COPING WITH THE CHALLENGES OF EVERYDAY LIFE

<http://www.yogamaq.net/archives/2007/ajan07/cope.shtml>

[B] SWAMI SATYANANDA SARASWATI: YOGA NIDRA, Bihar Yoga 2006<sub>6</sub>.

[B] SWAMI PRAGYAMURTI SARASWATI: YOGA NIDRA (psychic/dynamic sleep), Bihar Yoga:

CD 007 Vol 1: Deep Relaxation & Yoga Nidra (Dynamic Sleep)

CD 008 Vol 2: Yoga Nidra

CD 009 Vol 3: Yoga Nidra

CD 010 Vol 4: Yoga Nidra Antar Mouna (Dynamic Sleep & Inner Silence)

<http://www.syclondon.com/downloads/SYCCDorderform.doc>

### **Module 4**

**2 consecutive sessions (afternoon):**

**Consolidation / Additions**

- Deepening the physical practice and new techniques: Fundamentals 4.
- Breathing technique: alternate nostril/ nerve cleansing breathing 2c, breath retention after exhalation.
- Withdrawal of the senses and inner silence 1+2
- 'The Power of Now' 4.

### **Readings**

[P] LIGHT ON YOGA

[P] THE POWER OF NOW: chap. 7 and 8, pp. 107-145.

[Pp] Channel Cleansing Breathing (Nadi Shodana Pranayama) 3 pp. 374;

[Pp] Postures indicated at the end of the day.

[Q] MEDITATION AND THE SCIENCE OF BRAIN WAVES TECHNOLOGY.

<http://www.social-consciousness.com/2011/10/spirit-science-meditation.html>

[Q] More quick readings will be provided during the year.

[B] SWAMI SATYANANDA SARASWATI: DYNAMICS OF YOGA. Bihar Yoga 2006<sub>2</sub>, Antar Mouna (Inner Silence), pp. 111-121.

[B] KARL BAIER: MODERN YOGA RESEARCH: INSIGHTS AND QUESTIONS.

<http://modernyogaresearch.org/wordpress/wp-content/uploads/2012/04/Baier-Modern-Yoga-Research-Review-2012.pdf>

### **Module 5**

**3 consecutive sessions (morning 9-14):**

**Summary**

- Rounding and completion of theory and practise.
- Deepening the physical practice and new techniques: Fundamentals 5.
- Last new breathing techniques: cooling, warming.
- Withdrawal of the senses and inner silence 1-3.
- 'The power of Now' 5.

### **Readings**

[P] LIGHT ON YOGA

[P] THE POWER OF NOW: chap. 9 and 10, pp. 147-191.

[Pp] Channel Cleansing Breathing (Nadi Shodana Pranayama) 1-4, pp. 374;  
[Pp] Sitali and Sitkari Pranayama (cooling), pp. 379/80.  
[Pp] Postures indicated at the end of the day.

[Qo] 8 POWERFUL TECHNIQUES FOR TRANSFORMING YOUR HEALTH WITH YOUR BREATH.

<http://www.thehealersjournal.com/2012/09/19/8-powerful-techniques-for-transforming-your-health-with-your-breath/>

[Q] More quick readings will be provided during the year.

[B] SWAMI SATYANANDA SARASWATI: DYNAMICS OF YOGA. Bihar Yoga 2006<sub>2</sub>, Inner Silence (Antar Mouna), pp. 111-121.

## Evaluation

Final evaluation will be based on (1) engagement, (2) relative progress in physical practice and (3) quality of interim reports/reflective papers and quality of the final reflection essay on the self practice. The performance with a breakdown of percentage contribution as follows:

<b>1 Engagement during the sessions</b>	33%
<b>2 Relative progress in physical practice</b>	33%
<b>3 Reflection Essays</b>	33%

### ***Engagement***

Your engagement on the practical level is more critical than the one on the theoretical. In-class participation will be evaluated based on: being present, being attentive and ready for physical and mental explorations, being prepared and contributing to the conversation (quantity and quality).

### ***Relative progress in physical practice***

Evaluation of the progress achieved by regularly carrying out the assigned homework will largely be done during classes (fundamentals). Not by means of actual tests but “by the way”, while required postures are being held.

### ***Reflections Essays:***

Two weeks ahead of the start of each module (starting with module 2) students will hand in a two page reflective paper on their personal experiences with the program and the according theory. At the end of the course they will write a summarising reflective essay of at least three pages.

### ***What is further expected from students:***

Students are required to inform the course leader in advance about any possible illness, injury or ailment and about any medication they may be taking in order for him to make the necessary adjustments, of course always with the utmost discretion.

## Recommendations

Kinesiology of strategic leadership is a powerful process. Getting started carefully with the course but building up some persistence will certainly pay off. The regularity with which self-practice is performed is the crucial factor for success.

## Contacts

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## Further In-depth Literature:

- THE YOGA SUTRAS OF PATANJALI (see edition of B.K.S. Iyengar above)  
<http://www.amazon.com/The-Authentic-Yoga-Patanjalis-Sutras/dp/009133831X>  
An electronic edition: <http://www.sacred-texts.com/hin/ysp/index.htm>  
Or: [www.sacred-texts.com/hin/yogasutr.htm](http://www.sacred-texts.com/hin/yogasutr.htm)  
(The basic text of all existing yoga forms and schools.)
- SWAMI UKTIBODHANANDA: HATHA YOGA PRADIPIKA. Bihar Yoga, 2008.  
(The central work and classic text of Hatha Yoga.)  
An electronic edition: <http://www.sacred-texts.com/hin/hyp/index.htm>
- JUAN MASCARO/THOMAS WYATT: THE UPANISHADS.  
<http://www.christianbook.com/the-upanishads-juan-mascaro/9780140441635/pd/41638>  
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- <http://www.amazon.com/Bhagavad-Gita-Walkthrough-Westerners/dp/1608680142>  
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