

Unit 1 Project: Design Your Own Practice

Due M 9/10 11:59 PST

Part I. Designing Your Practice

The goal of this unit is to explore our minds and how they connect to our bodies through yoga. Your project for this unit is to design your own practice. Obviously, we're all newcomers to the historical practice and none of us is going to reach Samadhi. But we can start to gain some know-how and begin to explore the philosophy that underlies yoga.

Here are your instructions for designing your practice:

- (i) Aim to design a practice that will take 15-30 minutes to complete.
- (ii) Your practice can involve any combination of asana, breathing, or meditation exercises.
- (iii) Conduct your practice on at least three separate days.
- (iv) After each practice, note your mental and physical experiences during the practice. Also note whether there were any effects that you experienced after the practice.

Part II. Write Up

Answer the following questions as clearly and concisely as possible. Do not merely copy the slides or handouts—put things in your own words. One, or at most two, paragraphs should suffice for each question.

1. Describe your practice. What did you do? Why did you design it in that way? Which days and times did you conduct your practice? (2pts.)
2. Describe what you experienced both mentally and physically during and after your practice. At any point, did you feel like your mental activity was separate from your physical activity? Did you feel like your mental activity controlled your physical activity, or vice versa? Explain. (2 pts.)
3. What is the difference between 'knowledge that' and 'know-how'? In the course of your practice, did you learn anything (of either type of knowledge) that you found surprising? Explain. (2 pts)
4. What are eight limbs of the 8-limb path? (Give a one sentence description of each limb.) Which of the eight limbs did your practice touch upon? (Give a 1-2 sentence explanation for each limb.) (2 pts.)
5. What is Descartes's conceivability argument? Do you think you can conceive of your mind operating independently of your body, and why? Did your practice affect your views on conceivability in any way? Explain. (2 pts.)

6. What is Elizabeth's interaction objection to dualism? How does Descartes respond? (1 pt.)
7. What is materialism? How would a materialist react to the attempt to 'yoke' mind and body? Would it make sense to practice yoga if you were a materialist? (1 pt.)
8. What does Phillips say about whether Yoga requires dualism to be the correct view? Do you think that Phillips is correct, and why? (1 pt.)
9. Do you find dualism or materialism more attractive, and why? Did anything about your practice affect your views on dualism or materialism? (1 pt.)
10. What did you most like about this unit? What did you least like? Did you discover anything about yourself or adopt a practice you're likely to continue? If so, what? (1 pt.)

Part III. Bonus
(Due R 9/6 in class)

On Thursday 9/6, we'll have a yoga practice day in class. Here, you'll have a chance to share the practice you've designed with the class. If you share, you can earn bonus points for this assignment.

- (i) What is your practice? Why did you design it in that way? (.5 pts)
- (ii) What were your mental and physical experiences? What did you learn? (You can only do this part if you have practiced for at least one session.) (.5 pts)