

Homework In-Depth Course 2025-2026

Date	Who	Theme	Homework *more homework may be added closer to the date LoY = Light on Yoga/Yoga Dipika, LoP = Light on Pranayama, LoYS = Light on the Yoga Sutras, LoL = Light on Life/Yoga als Levenskunst
5 oktober 2025 Dag 1	Hiske	Pranayama in the context of Ashtanga Yoga	LoP: ch. 1-9 LoYS: II.49-II.53
8-9 november Dag 2&3	Nanda	Working with the elements in asana	LoP: ch. 11 The Art of Sitting in Prāṇāyāma, ch. 14 The Art of Inhalation (Pūraka) and Exhalation (Rechaka), en ch.19 Ujjayi Prāṇāyāma t/m Stage V
13-14 december 2025 Dag 4&5	Kerry	Seeing what is there: Pramana and Santosha in Asana	LoP: ch. 12 The Art of Preparing the Mind for Prāṇāyāma, ch 19 Ujjayi Prāṇāyāma hele hoofdstuk, en ch. 20 Viloma Prāṇāyāma. LoYS Sutra 1.7 en II.32
10-11 januari 2026 Dag 6&7	Kristien	The Role of Timing in Asana	LoP: ch. 13 Mudrās and Bandhās, en ch. 15 The Art of Retention (Kumbhaka)
7-8 februari 2026 Dag 8&9	Hiske	Obstacles on your path - The Antararyas	LoP ch. 22 Digital Prāṇāyāma and the Art of Placing the Fingers on the Nose, ch. 23 Bhastrika and Kapalabhati Prāṇāyāma, en ch. 25 Anuloma Prāṇāyāma LoYS Sutra 1.30-1.33
7-8 maart 2026 Dag 10&11	Nanda	The How and Why of Yoga Therapy	LoP: ch. 26 Pratiloma Prāṇāyāma, ch. 16 Grades of Sādhakas, en ch. 17 Bija Prāṇāyāma Vorbereiding: Beschrijf je eigen situatie - bijvoorbeeld een actuele of vroegere klacht, ziekte of blessure - en schrijf op wat mogelijke aanpassingen in je beoefening kunnen zijn. Tijdens het weekend bekijken we deze voorbeelden samen en zoeken we naar passende oplossingen. Preparation: Describe your situation - for example, a current or past complaint, illness or injury - and write down possible adjustments to your practice. During the weekend, we will review these examples together and look for suitable solutions.

11-12 april 2026 Dag 12&13	Kerry	Anchoring the Mind – from grounding to stillness	LoP: ch. 21 Bhrāmari, Murchha and Plāvinī Prāṇāyāma, ch 24 Sitali and Sitakari Prāṇāyāma LoYS 1.32-1.39
30-31 mei 2026 Dag 14&15	Kristien	Anatomy in Action: Arms, Shoulders, Neck	LoP: ch. 27 Sūrya Bhedana and Chandra Bhedana Prāṇāyāma, en ch. 28 Nāḍī Sodhana Prāṇāyāma,
7 juni Dag 16	Hiske	Savāsana – the art of relaxation	LoP Ch. 29 Dhyāna (Meditation) & 30 Savāsana – the art of relaxation