

## *Chapter 1 Review Questions*

1. Approximately how old is yoga?
2. Define yoga in a few sentences.
3. What four types of yoga are typically practiced, and of which type is hatha yoga?
4. What is Ashtanga yoga?
5. How did Patanjali codify yoga practice?
6. What well-known type of hatha yoga focuses on alignment, form, and the use of props?
7. Identify some popular styles of hatha yoga practiced today.
8. Describe some concerns facing modern yoga practitioners and some of the ways in which the needs of today's yoga students and teachers are being met.
9. What are the five categories of yoga teacher training by Yoga Alliance?
10. Explain the meanings of the terms *yamas* and *niyamas*.

## *Chapter 2 Review Questions*

1. What are the four Cs of teaching yoga?
2. What are the three basic learning styles?
3. Which dosha is associated with the fluidity of air?
4. Which type of student often has trouble staying motivated?
5. List two things that students typically like in a yoga instructor and two things that they typically dislike.
6. How is the word *asana* used as an acronym for teaching yoga?
7. True or false: There is a very strict code of ethics that you are legally required to abide by as a professional yoga teacher.
8. What aspects of your personal yoga practice will make you a better teacher?
9. Define *ahimsa*.

## *Chapter 3 Review Questions*

1. Why would yoga practitioners choose to wear white cotton or other natural fibers?
2. Name three indispensable items used when practicing yoga.
3. How can blocks be used?
4. What is the most important concern when physically adjusting your students?
5. How long should the average person wait after a meal before practicing yoga? Why?
6. Describe an ideal setting for a yoga class.
7. What temperature range is generally considered ideal for most yoga styles?
8. What are some pros and cons of using music while teaching yoga?

## *Chapter 4 Review Questions*

1. Identify an epidemic habit in modern society that contributes to the stress and high anxiety suffered by many people.
2. How can a student bypass the chatter in his or her mind and ego?
3. \_\_\_\_\_ can be triggered either negatively through shallow, labored breathing or positively through smooth, flowing breaths that stabilize thoughts and allow relaxation to set in.
4. Choppy, shallow breathing is associated with which nervous system?
5. What type of breathing was mentioned in a National Institutes of Health report as a way to improve physical endurance?
6. How many breaths per minute does the average human take?
7. What are the three most common pranayama techniques taught in asana classes?
8. What is *nadi shodhana*, and what effect does it have on the brain hemispheres?
9. Which is generally better while entering Uttanasana (Intense Forward Bend)—inhaling or exhaling?

## *Chapter 5 Review Questions*

1. Define safe yoga instruction.
2. What is a *nadi*?
3. What is *mula bandha*, and with which chakra is it associated?
4. Is it advisable for a woman to practice yoga while menstruating? Why or why not?
5. Which anatomical plane does Utthita Trikonasana (Extended Triangle) move through?
6. What are the six directions in which the spine should move in a balanced session?
7. Identify a few asanas that stimulate osteogenesis and contribute to joint stability.
8. What does it mean to “lift the kneecaps”? Why, when, and how would you teach this action?
9. Which muscles in the torso are used to move into a standing forward bend, and what type of contraction is used? What about when entering into a standing backbend?
10. What type of contraction occurs during the holding of most asanas?
11. How long should asanas be held?
12. What makes a yoga student advanced?