Foundations of Yoga

Test #1 Study Guide

1. In 3 – 5 sentences, define yoga to a friend who has never heard of it.
2. What is the goal of yoga? Explain.
3. Is yoga a religion? Why or why not?
4. Define the eight limbs of Raja Yoga

(I will give you the names. Be able to describe them in 2 or 3 sentences)

1. Define the koshas from the Kosha Model

(I will give you the names. Be able to describe them in 1 or 2 sentences)

1. Besides the 8 limb system of Raja Yoga, there are three other paths of yoga described in our text. Know which one is based on love and devotion, which on service to others, and which on the study of holy scripture. You need to write the Sanskrit word!
2. Tell me what “non-attachment” (vairagya) means in 3 – 5 sentences.
3. Approximately how long has yoga been practiced?
4. When did yoga first come to the US? During which decade did it become part of our popular culture?
5. Looking at the schedule for a yoga studio, what would I expect the difference to be between a class called “Hatha Yoga” and a class called “Vinyasa” or “Flow”?
6. In which language were the texts (like the Yoga Sutra) and the names of the poses originally written?
7. Why is breathing important in the practice of yoga?

(3 – 5 sentences)

1. What are the five qualities of good breathing?
2. What is a Neti Pot used for?
3. What are the five steps in relaxation/meditation?
4. What is the Stress Response?
5. However you choose to sit, what are the two essentials for proper posture in meditation?
6. What is a “mantra”?
7. What does it mean to “do japa”?
8. What is a mala and how is it used?