



## Yoga Quiz for Lifestyle 1: History of Yoga

### Part 1. Review - Choose the best answer for each question

What is Yoga?

- A. A physical discipline
- B. A full program for living
- C. A spiritual practice

The first mention of yoga refers to:

- A. Pranayama
- B. Meditation
- C. Postures

The word Vedas means:

- A. Knowledge
- B. Story
- C. History

The word Yoga means:

- A. Meditation
- B. Discipline
- C. Union

The word Upanishads means:

- A. Knowledge
- B. To Sit Near
- C. Study

The Bhagavad Gita means:

- A. The Song of God
- B. The Way of Yoga
- C. The Art of War

The word Sutra means:

- A. Seal
- B. Thread
- C. Restraint

**Part 2. Essay Questions: Please answer each of these in a minimum of 1 paragraph and a maximum of 1 page. Remember there is no wrong answer. The questions are designed to stimulate your thinking as a teacher**

1. What does it mean to “forget the body?” How does this relate to your personal experience of yoga, and how can you apply it as a teacher?

2. The first 3 forms of yoga are service (karma), wisdom (jnana), and bhakti (devotion). Each may include postures and breathing and meditation and service and study and devotion, yet many yogis can clearly identify with one aspect. Choose one to write about as it relates to your life, and your idea of yourself as a yogi and teacher.

3. The essence of the Bhagavad Gita is this: your business is with the deed and not the result. That is God’s business. Win or lose, we don’t grow if we don’t try, and we don’t succeed if we aren’t doing what is ours to do. The importance of doing your life purpose, even if you fail, is paramount. We practice this on the mat every day. How do you practice this in life? Do you have a clear sense of your purpose yet? Write about this idea of doing what only you can do, and not being invested in the outcome. What does that mean to you?

4. Do you consider yourself to be a traditionalist, or a modern yogi? Are you in yoga primarily for the physical benefits? Is there enough “spiritual” benefit for you in only the physical aspect (poses, breath, most mat classes), or do you seek and practice other methods? Of all the history outlined here, what will your big take away(s) be?