



Yoga Quiz for Lifestyle 2: 8 Limbs of Yoga

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. The first 2 limbs of yoga refer to the internal and external practices of ethics and ethos – being kind to ourselves and others, and taking our life seriously enough to work at self improvement. They include: non-violence, truth, non-stealing, non-lusting, and non-greed on the ethics side, and purity, contentment, discipline, study, and devotion on the ethos side. Buddhism has ten precepts, Christianity has 10 commandments, and virtually all the major religions on earth teach and require similar “ways of being” to be happy. If you were creating your own rules for a life that is happy and good, what would they be?

2. The 3rd limb of yoga is “asana” and includes all the physical practices yogis do to maintain the healthiest, purest, lightest body. Tell us about your favorite posture, and why practicing it makes you feel closest to your ideal physical state.

3. The 4th limb of yoga is “pranayama” and includes all the different breathing techniques yogis use to meditate, tune in, calm down, perk up, and maintain vital life force. In simple terms, describe how you teach a breathing technique like Ujjayi, Khapalabhati, alternate nostril breathing, or any other yogic breathing technique you like.

4. In a culture deeply immersed in materialism, escapism, and physical pleasure, the 5th limb, pratyahara, “detachment,” can be hard. We also know that spiritually, wanting is a healthy part of life. It’s the unhappiness

that comes from wanting that makes life more difficult. Write about something you are really wanting now, and how it feels to struggle with your attachment energy, or how you've learned to control your "wanting" impulses, or something else you've learned about how attachment, detachment, or instant vs delayed gratification impacts your life.

5. The 6th and 7th limbs are concentration and meditation. The first is "training wheels" for the second, yet concentration, in our fast paced, instant everything world, is becoming ever more difficult to practice. Don't worry about your answer here – many people feel too much guilt about the difficulties of these 2 practices. But we must help our students experience these vital tools for a happy life, so, write about where YOU are in your stillness practices these days, and how you will talk to your students about them.

6. The 8th limb, "samadhi" translates to "bliss" and so we sometimes think it is the end goal of the other 7 limbs, and if we do the other 7, some day we'll have bliss. Actually, all 8 limbs are intended to be practiced, and that means bliss is a practice too. How do you cultivate happiness in your life? Do you practice it every day? Do you know what makes you happy? Do you give it to yourself? Write about your happiness practices, then go out, and do one. Thank you.