

Study Questions for Final Exam

Philosophy

- What does Sthira Sukham Asanam mean? Where is it described?
- The five yamas and five niyamas in Sanskrit and English
- The eight Limbs of Ashtanga Yoga
- Mula Bandha, Uddiyana Bandha and Jalandhara Bandha—names and descriptions
- The Chakras—names in Sanskrit, area of influence
- What is Avidya: raga, abhinivesa, dvesa, and asmita?
- What is the relationship between ida, pingala and the sushamna?
- What is dukha?
- What is prana and apana?

History and Literature (Doug Keller/ Gitas)

- What does Hatha mean?
- When was the language of Vedic Sanskrit developed in India?
- Describe the roles of Krishna, Arjuna, and Sanjaya in The Bhagavad Gita
- What are the three doshas and their characteristics?

Asana (Course Pack and Texts)

- What is the difference between adduction and abduction in movement?
- What is the difference between flexion and extension in movement?
- What is myofascial tissue?
- The five sections of the vertebral column. Can you name them?
- The three characteristics of the lines of energy in asana as described on pg. 70-71 in the book; *Yoga: The spirit and Practice of Moving Into Stillness*
- What is Angi?
- What is Drishti?
- What is one asana you can mention that relate to each of the chakras?

- Describe some general benefits of Childs, Savasana, Triangle, Wheel Variation, Wind Relieving Pose.

Course pack (Texts)

- What are recommended postures for headaches?
- What are recommended postures for menstruation of a quiet practice?
- What are counter indications of postures during pregnancy?
- What are recommended postures for carpal tunnel syndrome?
- What is a recommended adjustment for strain in the lower back during seated forward bend?
- What is a recommendation if one feels a pulling sensation in the inner knee in standing or sitting Wide Angle Pose?
- What is recommended if there is discomfort in Hero Pose?
- Why are standing postures important for beginners?
- Generally in asana practice, which kinds of movements are applied to the inhalation and which kinds of movements are applied to the exhalation?

Teaching

- What are the characteristics of a safe environment for teaching?
- What is the function of sympathetic and parasympathetic activity?
- How does the breath influence the central nervous system
- Describe the symbolic meaning of the word 'AUM' (Course Pack- Reading Aloud)
- Describe teaching "Yogic Breath" (three part breathe) to a beginning yoga student
- Please write out a beginning yoga class that will last for 60 minutes. (Each Posture, transitions and time in each)

Pranayama (The Breathing Book-Donna Farhi)

- What is Kumbaka? Describe the mechanics of this breath
- What is Ujjayi? Describe the mechanics of this breath
- Describe how the lungs must be "breathed" (diaphragmatic muscle, intercostal muscles, etc.)

Meditation

- Why teach meditation in yoga? How could you explain this to a beginning yoga class?
- Describe bringing a beginning yoga class into meditation.