

1. What does the word Yoga mean?

To Exercise To Relax To Unite To Meditate

2. What does the word Asana mean?

Gentle Exercise Comfortable Seat Relaxed Breath Stretching

3. What is the English Translation of the following Sanskrit words (they are all yoga postures)?

TADASANA	Bridge	Tree	Mountain	Cobra
VRKSASANA	Tree	Shoulder Stand	Sphinx	Warrior
TRIKONASANA	Child's	Corpse	Triangle	Half Moon
VAJRASANA	Lotus	Cobbler	Thunderbolt	Spinal Twist
SHAVASANA	Headstand	Relaxation	Camel	Tiger
VYGRASANA	Woodchopper	Ragdoll	Tiger	Gate

4. What does the word MUDRA mean?

Pose Symbolic gesture Dance Breathing Exercise

5. Name 4 Mudras?

Dove	Chin	Moon	Anjali	Relaxation	Dog
Chinmaya	Cat	Brahma	Pigeon	Swan	

6. What does the word PRANAYAMA mean?

Breath Control Energy Force Yoga Postures
Meditation

7. What is the English Translation of the following Sanskrit breathing techniques (it could be more than one)?

UJJAYI Psychic Victorious Lion Clavicular
BHRAMARI Toad Bumble Bee Inter-costal Complete
BHASTRIKA Slow Bellows Alternate Nostril Inter-costal
NADI SHODHANA Alternate Nostril Natural Flow Neat
KAPALABHATI Glow Shining Skull Horse Opposite Flow

8. Name the following muscles?

The 3 Buttock Muscles - Gluteus _____

The top Front of Leg – Q _____

The Wrigley's Chewing Gum Strip-like muscle – P_____

9. Name the 3 Ayurvedic Doshas? K_____ P_____ V_____

10. What is does the Sanskrit word AGNI mean?

11. What is a Bandha?

A plaster Lock Pose Relaxation

12. Name the 4 Bandhas?

Answers:

1. Unite
2. Comfortable Seat
3.
 - a) Mountain
 - b) Tree
 - c) Triangle
 - d) Thunderbolt
 - e) Relaxation
 - f) Tiger
4. Symbolic Gesture
5. Chin, Anjali, Chin-maya, Brahma
6. Breathe Control
7.
 - a) Psychic/Victorious
 - b) Bumble Bee
 - c) Bellows
 - d) Alternate Nostril
 - e) Shining Skull
8.
 - a) Maximus Medius Minimus
 - b) Quadriceps
 - c) Psoas
9. Kapha Pitta Vata
10. Gastric Fire
11. Lock
12. Mula Uddiyana Jalandhara Bandha Traya