

Healthy Lifestyle Quiz: What Do You Know About Yoga?

1. Yoga is a ...

- spiritual practice
- physical practice
- mental practice
- All answers are correct

2. Yogachara translates from Sanskrit as "yoga practice." To which religion does the term refer?

- Buddhism
- Hinduism
- Sikhism

3. What is considered the ideal regularity of yoga practice?

- Every day
- Twice a week
- Once a week

4. The pose of the diamond is...

- Vajrasana
- Gomukhasana
- bhaetasana

5. What are the breathing techniques called in yoga?

- Niyama
- Bhagavadgita
- Pranayama

6. How many stages of ashtanga yoga are there?

- Five
- Eight

Twelve

7. Dharana is ...

- purposeful concentration of the mind
- distraction of the senses from contact with their objects
- a body position that is comfortable and stable

8. What time of the day can I practice yoga?

- Only in the morning
- Only in the evening
- Anytime

9. Can people from religions like Islam or Christianity do yoga?

- Yes, yoga is not a religion.
- No, it's a violation of the basic laws of yoga.

10. Are there any contraindications to practicing yoga?

- Yes
- No

11. What does one achieve when in a peaceful superconscious state of blissful awareness of one's true nature?

- The state of arahant
- Dukkha.
- Samadhi.

12. Another name for buddhi yoga is ...

- jnana yoga
- karma yoga
- hatha yoga
- bhakti yoga

13. How is the word "karma" translated from Sanskrit?

- "action"
- "retribution"
- "consequence"

14. Adho Mukha Shvanasana is ...

- Half moon
- Upward-Facing Dog
- Downward-Facing Dog

15. Which asana is performed standing up?

- Vrikshasana
- Virasana
- Anantasana

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Right answers

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