

Yoga Quiz: Trivia Questions and Answers

1. Who is the father of yoga?

- Krishnamacharya
- Maharshi Patanjali
- Baba Ramdev

2. Which language the word "Yoga" originates from?

- Mandarin
- Sanskrit
- Gurmukhi

3. Yoga suggests how many fold path of life?

- 4
- 6
- 8

4. What is the ultimate goal of yoga?

- Mahasamadhi
- Savitarkasamadhi
- Nirvitarkasamadhi

5. How many Koshas do humans have as per yogic system?

- 5
- 7
- 6

6. Who brought yoga to the humans?

- Shiva
- Vishnu
- Brahma

7. There were how many asanas classically enlisted in yoga?

- 132
- 100
- 84

8. What type of yoga was invented by Bharat Thakur?

- Artistic Yoga
- Yin Yoga
- Bikram Yoga

9. What are the five elements in yoga?

- Earth, Water, Fire, Air, Akash
- Earth, Water, Fire, Air, Wood
- Earth, Space, Fire, Air, Akash

10. There are how many chakras in the human body?

- 7
- 114
- 12

Yoga Quiz: Trivia Questions and Answers

Right answers

1. Who is the father of yoga?
Maharshi Patanjali
2. Which language the word "Yoga" originates from?
Sanskrit
3. Yoga suggests how many fold path of life?
8
4. What is the ultimate goal of yoga?
Mahasamadhi
5. How many Koshas do humans have as per yogic system?
5
6. Who brought yoga to the humans?
Shiva
7. There were how many asanas classically enlisted in yoga?
84
8. What type of yoga was invented by Bharat Thakur?
Artistic Yoga
9. What are the five elements in yoga?
Earth, Water, Fire, Air, Akash
10. There are how many chakras in the human body?
114