



# MY VINYASA PRACTICE

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UPLIFTING COLLECTIVE CONSCIOUSNESS

## 200 Hour Study Guide

1. \_\_\_\_\_ is the practice of integrating purity of being, contentment, and austerity into a deep inquiry-based investigation of the Self in relation to the Self. Journaling is an example of this.
  - a. Svadhyaya
2. \_\_\_\_\_ is what fuels us to be in practice. The drive to come back to the practice day after day, not just the asana but all of the eight limbs of yoga.
  - a. Tapas
3. Compassionate self - forgiveness helps us to
  - a. Release energetic holds
4. Ashtanga Vinyasa Yoga was developed in the 1930s by which notable modern authority?
  - a. Krishnamacharya
5. Viniyoga, Ashtanga Yoga, and \_\_\_\_\_ Yoga come together to create Vinyasa yoga.
  - a. Hatha
6. Which style of yoga emphasizes alignment as well as precision of detail?
  - a. Hatha
7. Who established Ashtanga Yoga as a practice?
  - a. Pattabhi Jois
8. The eight limbs or stages of yoga are:
  - a. Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi
9. Which of the following is the practice of concentration?
  - a. Dharana
10. The Yamas are:
  - a. ahimsa (non-violence), satya (truthfulness), asteya (non-stealing), brahmacharya (moderation), and aparigraha (non-hoarding).
11. The Niyamas are:
  - a. saucha (purity), santosha, (contentment), tapas (austerity), svadhyaya (self-study), and Isvara Pranidhana (devotion to a higher power).
12. \_\_\_\_\_ is credited with writing the *Yoga Sutras*.
  - a. Patanjali
13. The first chapter of the Yoga Sutras, \_\_\_\_\_, lays out the psychology of the human.
  - a. Samadhi Pada
14. What is our suffering called?
  - a. Dukkha

15. Patanjali says the purpose of yoga is to  
a. Quiet the chitta vritti
16. Chitta Vritti is known as mental fluctuations of the mind. The five types are: right knowledge, perception, verbalization, memory, and \_\_\_\_\_.  
a. Sleep
17. Samadhi yields \_\_\_\_\_.  
a. Blissful peace
18. Moral obligations are referred to as  
a. Yamas
19. Attraction, aversion, egoism, and fear of death are examples of:  
a. Kleshas
20. The two types of interactions with the breath are:  
a. Passive observation and active regulation
21. Which part of the breathing cycle is the suspension of breath after exhalation?  
a. Bahya kumbhaka
22. The \_\_\_\_\_ kosha is associated with discernment.  
a. Anandamaya
23. The anandamaya kosha is universal consciousness, while the \_\_\_\_\_ kosha connects our consciousness to it.  
a. Vijnanamaya
24. When toes are facing forward, the pelvis is in \_\_\_\_\_.  
a. Neutral
25. The transverse plane divides the body how?  
a. Horizontally, into top and bottom
26. What are the five types of asana?  
a. Standing poses, forward folds, backbends, twists, and inversions
27. Plow pose is an example of flexion or extension in the base of the pose?  
a. Flexion
28. True or False: According to Iyengar, in Warrior 2, the back foot should be parallel to the back of the mat.  
a. False. The back foot should be positioned with the toes turned slightly inward.
29. \_\_\_\_\_ are the system of nerves and plexuses that run throughout the entire body and help to control and stimulate organ function  
a. Meridians
30. Like air traffic control, the \_\_\_\_\_ meridian is the central hub of all the meridians.  
a. Heart
31. Stimulating the \_\_\_\_\_ meridian helps to encourage courage and motivation for personal growth and well-being.  
a. Kidney
32. \_\_\_\_\_ yoga is a philosophy and system of integrative yoga practices including: asana, kriya, pranayama, meditation, and mantra to cleanse and purify the aspirant.  
a. Tantra

33. The four types of yogas practiced within Tantra Yoga include: Mantra Yoga, Hatha Yoga (sun and moon), Laya Yoga (Kundalini Yoga) and \_\_\_\_\_.  
a. Raja Yoga.
34. What are dhatus?  
a. Tissues in the body
35. Ratio of vata, pitta, and kapha at the time of your birth is referred to as  
a. Dosha
36. Air and ether are associated with which dosha?  
a. Vata
37. Fire and water are associated with which dosha?  
a. Pitta
38. Water and earth are associated with which dosha?  
a. Kapha
39. True or False: Everything in the phenomenal world is composed of both yin and yang characteristics and attributes.  
a. True
40. The energetic centers along the length of the spine are called \_\_\_\_\_.  
a. Chakras
41. What muscle is responsible for stabilizing the lumbar spine?  
a. Psoas Major
42. Universal energy is known as \_\_\_\_\_.  
a. Kundalini
43. \_\_\_\_\_ are movements and behaviors that help to purify the body and mind.  
a. Kriyas
44. The kriya known as jihva moola dhauti is commonly referred to as  
a. Tongue scraping
45. The acetabulum is more commonly known as  
a. Hip socket
46. The major joint systems of the body are the \_\_\_\_\_.  
a. Shoulders and Pelvis
47. The scapula, clavicle, and humerus make up the \_\_\_\_\_ system  
a. Shoulder
48. Tightness in hips, low back, or psoas is classified as stress related to \_\_\_\_\_ as opposed to impact.  
a. Tension
49. What often causes a knee injury?  
a. Hip tightness
50. True or False: Wrist injuries are one of the most common joint injuries.  
a. False.
51. True or False: Yin yoga can be used for both strains or tears.  
a. False. Yin can be helpful with strains, but not tears (unless cleared by a doctor).
52. True or False: Our shoulders are much more vulnerable than our hips.  
a. True.

53. In yoga, we can subdivide prana, or breath of life, into five vayus, which are:  
a. apana, samana, prana, udana, vyana.
54. Which vayu pervades the entire body?  
a. Vyana
55. Cues can be metaphoric, emotional, or \_\_\_\_\_.  
a. physical
56. Soften the hip forward is an example of a \_\_\_\_\_ cue.  
a. Physical
57. Select the missing pose for Sun Salutation A: Mountain, Forward Fold, Halfway Lift, Forward Fold, Chaturanga Dandasana, Upward Facing Dog, Downward Dog, \_\_\_\_\_, Halfway Lift, Forward Fold, Mountain  
a. Forward Fold
58. What is the first rule of sequencing?  
a. Like increases like
59. What describes the student's ability to sense where they are in time and space?  
a. Proprioception
60. True or false: Studio teaching has the potential to make the most money per hour.  
a. False. Private teaching has the most potential.
61. Explaining the purpose of savasana helps us to teach through which kind of lens?  
a. Trauma-Informed
62. What are the four states of consciousness:  
a. the waking state, the dream state, the sleep state, and enlightenment (Turiya)