

SCRIPTURES Shruti means?	SCRIPTURES Smriti means?
SCRIPTURES Which category is yoga in?	SCRIPTURES Shruti texts (2 examples)?
PATANJALI Did Patanjali found yoga?	PATANJALI Goal of yoga darshana?
PATANJALI Patanjali's definition of yoga?	PATANJALI Number of limbs in Ashtanga yoga?

SCRIPTURES Transmitted knowledge — Itihasa, Puranas, Yoga darshana (post-Vedic)	SCRIPTURES Revealed / first-hand knowledge (inner knowing) — 4 Vedas, 108 Upanishads
SCRIPTURES Four Vedas; 108 Upanishads	SCRIPTURES Smriti (Yoga darshana), compiled by Patanjali
PATANJALI Union with the Ultimate Reality — samadhi	PATANJALI No — he compiled it (Yoga Sutras, ~800 BC per notes)
PATANJALI Eight	PATANJALI "The stilling of the fluctuations of the mind" — PYS I.2

PATANJALI Eight limbs in order?	PATANJALI Yama =?
PATANJALI Niyama =?	PATANJALI Pratyahara =?
PATANJALI Dharana =?	PATANJALI Dhyana =?
PATANJALI Samadhi =?	PATANJALI Mnemonic for the 8 limbs?

PATANJALI Right SOCIAL conduct	PATANJALI Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
PATANJALI Rerouting attention inward by tuning out external stimuli	PATANJALI Right PERSONAL conduct
PATANJALI Effortless sustained concentration	PATANJALI Focus/concentration on a single point
PATANJALI Yes, No Apple Pie, Please — Dosa, Dhokla, Samosa	PATANJALI Union with / absorption into ultimate reality

GURU "Gu" means?	GURU "Ru" means?
GURU Teacher gives which vidya?	GURU Guru gives which vidya?
GURU Teacher prepares you for...?	GURU Guru prepares you for...?
DEFINITIONS Yoga is usually defined as?	DEFINITIONS BG 2.48 says yoga is...?

GURU One who dispels	GURU Darkness
GURU Para vidya (spiritual/transcendental knowledge)	GURU Apara vidya (worldly knowledge)
GURU The inner journey (success and freedom)	GURU The outer journey (success)
DEFINITIONS Equanimity of mind in success and failure	DEFINITIONS Union between the limited self and the Divine Self

DEFINITIONS

BG 2.50 says yoga is...?

DEFINITIONS

BG 6.23 says yoga is...?

DEFINITIONS

Physical-level yoga =?

MYTHS

Number of misconceptions listed?

MYTHS

Myth: "yoga can be learnt through...?"

MYTHS

Myth about age?

HISTORY

Pre-Vedic period date?

HISTORY

Vedic period date & key fact?

DEFINITIONS Remover of misery and destroyer of pain	DEFINITIONS Discretion in work (yogah karmasu kaushalam)
MYTHS 7	DEFINITIONS Physical harmony & health; mental balance & peace
MYTHS One has to be young and flexible	MYTHS Books and online resources (wrong — needs a guide)
HISTORY 1500 BC — term “Yoga” in the Rig-veda	HISTORY 2700 BC — Indus-Saraswati seals

HISTORY Post-Vedic date & key fact?	HISTORY Pre-Classical date & key fact?
HISTORY Classical period date & key fact?	HISTORY Modern period date?
OBJECTIVES Six objectives of yoga?	OBJECTIVES Kaivalyam =?
OBJECTIVES Four Purusharthas?	OBJECTIVES Final purpose of life?

HISTORY 800 BC — Patanjali’s Ashtanga yoga; Thirumular	HISTORY 1000 BC — karma yoga and jnana yoga (Upanishads, Ramayana, Mahabharata)
HISTORY 1700–1900 AD — Vivekananda, Ramana Maharishi, Sivananda, Krishnamacharya, Yogananda	HISTORY 500 BC–800 AD — Hatha yoga emerges
OBJECTIVES Self-realisation and actualization	OBJECTIVES Mind control; body & breath control; harmonious living; therapy; total well-being; Kaivalyam
OBJECTIVES Moksham	OBJECTIVES Dharma, Artha, Kama, Moksham

OBJECTIVES Why do women practise yoga (5)?	SURYA NAMASKAR Calories per round (notes)?
SURYA NAMASKAR Slow / fast / many rounds give?	SURYA NAMASKAR Surya Namaskar opens which muscle?
ANATOMY How many body systems in the table?	ANATOMY Skeletal — yoga effect?
ANATOMY Endocrine — yoga effect?	ANATOMY Nervous — yoga effect?

SURYA NAMASKAR 13.69	OBJECTIVES Fitness, pregnancy (normal delivery), post-pregnancy stress, weight loss, therapy
SURYA NAMASKAR The diaphragm (better breathing)	SURYA NAMASKAR Strength / cardiovascular efficiency / endurance
ANATOMY Better posture; best preventive measure against spinal problems	ANATOMY 9
ANATOMY Stimulates nerve plexuses; balances sympathetic & parasympathetic	ANATOMY Balances production and stimulation of hormones

ANATOMY Urinary — yoga effect?	YOGIC ANATOMY Number of nadis?
YOGIC ANATOMY Ida nadi?	YOGIC ANATOMY Pingala nadi?
YOGIC ANATOMY Sushumna nadi?	YOGIC ANATOMY Prana is...?
YOGIC ANATOMY Chakras are...?	YOGIC ANATOMY Imbalanced chakras cause?

YOGIC ANATOMY 72,000	ANATOMY Kidney stimulation; water and salt regulation; waste elimination
YOGIC ANATOMY Right channel; masculine; sun; dynamic	YOGIC ANATOMY Left channel; feminine; moon; restful
YOGIC ANATOMY Energy that enlivens us; also self-generated (positive thoughts, yogic practices)	YOGIC ANATOMY Central channel; spiritual; harmony
YOGIC ANATOMY Physical, mental and spiritual problems	YOGIC ANATOMY Spinning wheels of energy along the spine; transformers of cosmic prana

YOGIC ANATOMY Muladhara location?	YOGIC ANATOMY Svadhistana location?
YOGIC ANATOMY Manipura location?	YOGIC ANATOMY Anahata location?
YOGIC ANATOMY Visuddha location?	YOGIC ANATOMY Ajna location?
YOGIC ANATOMY Sahasra location?	KOSHAS Number of koshas? Source?

YOGIC ANATOMY 3 inches below navel — abundance, pleasure, procreation	YOGIC ANATOMY Base of spine / pelvic floor — food, clothing, shelter, security
YOGIC ANATOMY Centre of chest — love, bravery, compassion	YOGIC ANATOMY Behind navel — confidence, courage, personal power
YOGIC ANATOMY Between eyebrows — intuition, insight; pineal gland	YOGIC ANATOMY Throat pit — self-mastery, communication, creativity
KOSHAS 5 — Taittiriya Upanishad	YOGIC ANATOMY Top of head — illumination; pure wisdom/consciousness

KOSHAS Annamaya kosha?	KOSHAS Pranamaya kosha?
KOSHAS Manomaya kosha?	KOSHAS Vijnanamaya kosha?
KOSHAS Anandamaya kosha?	DISEASE Three natural causes of disease?
DISEASE Three artificial causes?	DISEASE Hitham Mitham Aharam?

KOSHAS Vital energy / life force	KOSHAS Physical body made from food
KOSHAS Wisdom body — intuition, intellect, awareness	KOSHAS Mental body — thoughts, emotions, memory
DISEASE Genetic imprints; planetary position; natural calamities/climate	KOSHAS Bliss body — accessed in deep meditation
DISEASE Appropriate food in the right quantity	DISEASE Food, thought, deed

WARM-UP

How many warm-up exercises?

WARM-UP

Reps for ankle loosening?

WARM-UP

Neck exercises reps?

ASANAS

Tadasana rounds?

ASANAS

Padahastasana benefit?

ASANAS

Padahastasana avoid?

ASANAS

Ardha Chakrasana avoid?

ASANAS

Dandasana is?

ATDB.uno

WARM-UP 10	WARM-UP 14 (a-n)
ASANAS 5 (palm tree pose)	WARM-UP 3 rounds each
ASANAS Back conditions (no full forward bend)	ASANAS Massages digestive organs; flatulence, constipation, indigestion
ASANAS Seated pose — legs straight, spine upright and long	ASANAS Serious hip/spinal problems, high BP, hernia

ASANAS	ASANAS
Vajrasana avoid?	Marjariasana rounds & breath hold?
ASANAS	ASANAS
Marjariasana safe in pregnancy?	Balasana avoid?
ASANAS	ASANAS
Virabhadrasana-I avoid?	Virabhadrasana back-foot angle?
ASANAS	ASANAS
Ardha Katichakrasana avoid?	Prasarita feet apart?

ASANAS	ASANAS
5-10 rounds; hold breath 3 seconds	Hernia patients, joint pains, foot/ankle problems
ASANAS	ASANAS
Very high BP, slipped disc, vertigo	Yes — may be safely practised
ASANAS	ASANAS
45 degrees; 2-3 rounds each leg	Knee issues
ASANAS	ASANAS
3-4 ft; avoid in low back pain	Spine and abdominal issues

ASANAS	ASANAS
Pawanmuktasana avoid?	Bhujangasana avoid?
ASANAS	ASANAS
Padmasana avoid?	Padmasana effect on BP?
ASANAS	ASANAS
Shavasana — best time?	Jnana mudra gesture?
ASANAS	ASANAS
Sheetali rounds?	Sheetali avoid?

ASANAS Peptic ulcer, hernia, intestinal TB, hyperthyroidism	ASANAS High BP; serious back conditions (sciatica, slipped disc)
ASANAS Reduces blood pressure	ASANAS Sciatica; weak or injured knees
ASANAS Index finger touches thumb tip; other fingers straight; palms down on knees	ASANAS Before sleep; before/during/after asanas; when tired
ASANAS Low BP; asthma, bronchitis, excessive mucus	ASANAS 10 — inhale through rolled tongue, exhale through nose

ASANAS

Yogic breathing 3 stages?

ASANAS

Yogic breathing rounds?

ASANAS

Mnemonic for high-BP asanas?

UNIT 5

Self-motivation =?

UNIT 5

Self-awareness =?

UNIT 5

Karma =?

UNIT 5

Is karma deterministic?

UNIT 5

Sanchita karma?

ASANAS 5-10	ASANAS Abdominal (lower lobes), thoracic (middle), clavicular (upper/neck)
UNIT 5 Ability to drive oneself to take initiative and action; inner drive	ASANAS PCB: Pawanmuktasana, Ardha Chakrasana, Balasana
UNIT 5 Any intentional action — mental, physical or verbal (thought, deed, word)	UNIT 5 Oneself becomes the focus of attention (traits, behaviours, feelings)
UNIT 5 Accumulated/stored karma, not yet manifested	UNIT 5 No — dynamic and flexible; influenced by free will

UNIT 5 Prarabdha karma?	UNIT 5 Agami / Kriyamana karma?
UNIT 5 Maslow level 1?	UNIT 5 Maslow level 2?
UNIT 5 Maslow level 3?	UNIT 5 Maslow level 4?
UNIT 5 Maslow level 5?	UNIT 5 Self-actualization =?

UNIT 5 Karma being created now through present actions; shapes the future	UNIT 5 Ripened karma being experienced now (destiny)
UNIT 5 Safety (financial security, health, protection from harm)	UNIT 5 Physiological (food, water, shelter, sleep; breathing, clothing)
UNIT 5 Esteem (confidence, recognition, respect)	UNIT 5 Belongingness and love (relationships, friendships)
UNIT 5 Complete realization of one's potential	UNIT 5 Self-actualization (growth, self-awareness, creativity, purpose)

UNIT 5

Six links between self-actualization and yoga?

UNIT 5

Four benefits of self-actualization?

UNIT 5

Mnemonic for Maslow?

ATDB.uno

UNIT 5

Stronger relationships; fulfilment;
meaningful contribution; more
enjoyment, less stress

UNIT 5

Self-exploration, self-awareness,
mind-body, emotional balance,
transcendence, meaning & purpose

UNIT 5

Please Stay Brave, Every Student

ATDB.uno