

BELLA YOGA

Eight Limbs of Yoga

The eight limbs of yoga were created by Pantanjali over 2,000 years ago. True or False?

Ashtanga means _____ .

Each stage of Ashtanga precedes the next. In correct order, name the eight limbs of

Ashtanga Yoga:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Please write 10 sanskrit terms for postures that you know:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ahimsa can be used frequently when practicing Asana. Please identify Ahimsa and give an example of its relation to Asana.

Niyama works with the purification of the body while Yama works with mental purification. True or False?

Which moral code of Yama expresses the letting go of "attachment to progress"? How does this relate to Asana?

Please fill in the blanks:

"It is through _____ (the union of vinyasa), _____ (the locks or seals that protect the body), and _____ (locking points) that practitioners journey inside, working deeply on the inner body, opening and clearing the _____ (the energy channels of the subtle body), allowing themselves to access and harness the internal life force known as _____. Only when this pranic energy has been accessed can the yogi transcend the _____ ."

Match up the corresponding Yama with the correct definition:

Satya	Non-violence
Ahimsa	Preserving vital fluids
Asteya	Truthfulness
Aparigraha	Non-possessiveness
Brahmacharya	Non-stealing

Into which three groups does Ashtanga Yoga organize its Asanas?

1. _____
2. _____
3. _____

Match up the corresponding Niyama with the correct definition:

Tapas	Internal/external cleanliness
Swadhyaya	Study of sacred texts
Santosha	Austerity
Ishwarapranidhana	Contentment
Shaucha	Living with awareness of God's will

What do the following Sanskrit terms mean?

Navasana: Padangusthasana:

Halasana: Lolasana:

Tadasana: Urdva Mukha
Svanasana:

Vrksasana: Bhujanghasana:

Malasana: Trikonasana: