



YOGAFX REVIEW ASSESSMENT NOVEMBER 2021
(45 minutes to complete)

STUDENT NAME :

NO	ASHTANGA INTRODUCTION SERIES ASSESSMENT QUESTIONS			
1	Which one of the following is NOT among the 8-Limbs?			
	a. Yama	b. Vinyasa	c. Pranayama	d. Dhyana
2	Ashtanga Yoga is an 8-Limbed path towards achieving the state of Yoga, also known as?			
	a. Asana	b. Pranayama	c. Samadhi	d. Dhyana
3	The definition of the 8-Limbed Path that leads to yoga is found in the _____ chapter of the Yoga Sutras of Patanjali.			
	a. First	b. Second	c. Third	d. Fifth
4	In fact, if they are interwoven in every fabric of our life, every moment becomes Sadhana, which is it?			
	a. Physical practice	b. Yoga practice	c. Mind practice	d. Spiritual practice
5	The word ' yama ' is often translated as?			
	a. Restraint	b. Wildness	c. Liberation	d. Freedom
6	The Yamas traditionally gives a guide towards the practice concerned with the world around us, but often we can take them as a guide of how to act towards ourselves too. There are five years in total listed in Patanjali Sutra Chapter number __ verse __.?			
	a. No. 2 verse 30	b. No.2 verse 32	c. no. 3 verse 20	d. No. 3 verse 23
7	Asteya is the Sanskrit term for?			
	a. Truthfulness	b. Non-greed	c. Non-harming	d. Non-stealing
8	Ahimsa is the Sanskrit term for?			
	a. Truthfulness	b. Non-greed	c. Non-harming	d. Non-stealing
9	Which of the following is NOT a component of the 5 Niyamas?			
	a. Saucha	b. Santosha	c. Yamah	d. Tapas
10	(Literally means purity, cleanliness, and cleanness) , this is the definition of?			
	a. Saucha	b. Santosha	c. Yamah	d. Tapas