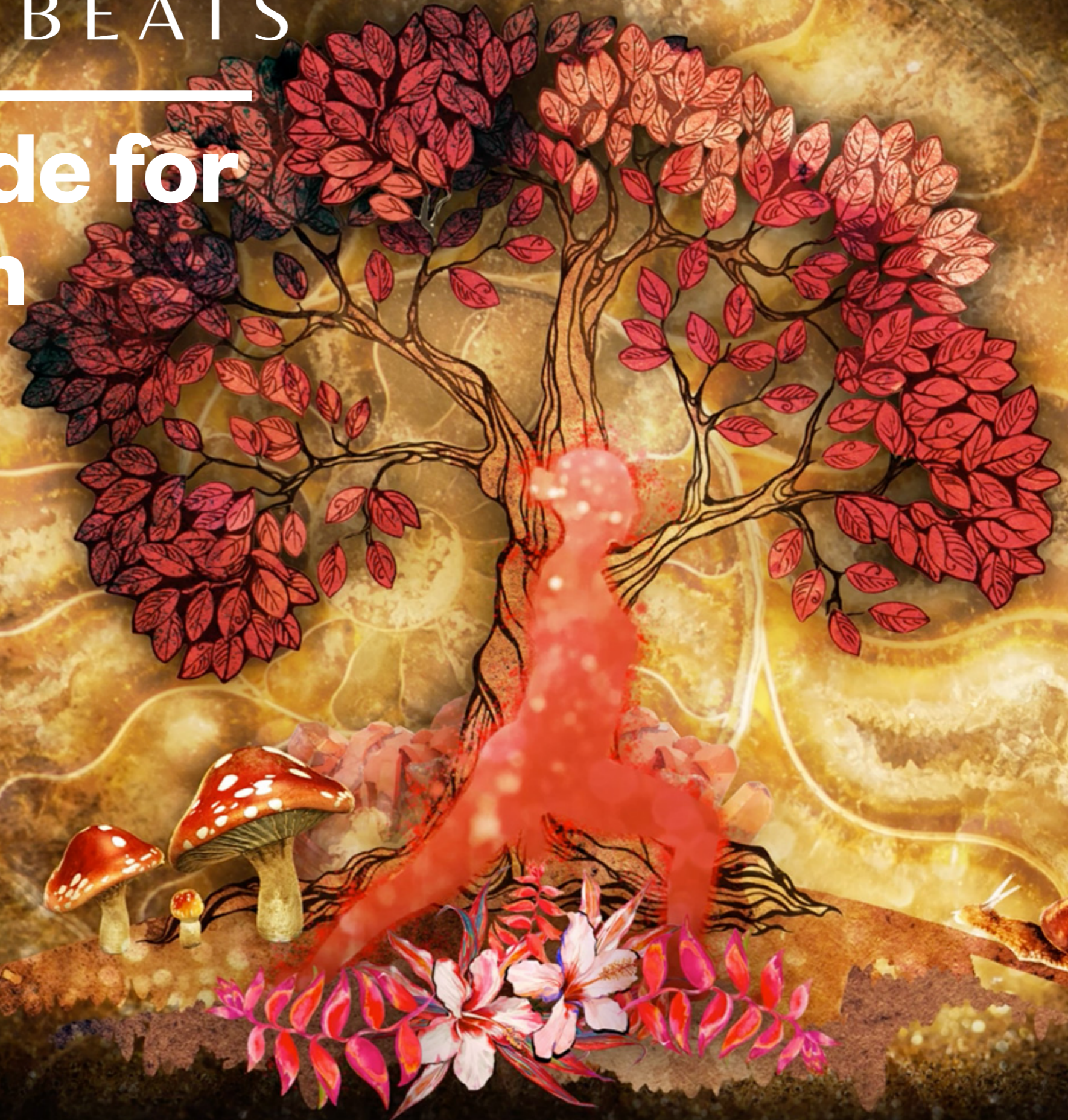


DRISHTI  BEATS™

Study Guide for Final Exam

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Instructions.

Hello.

This is a smart Study Guide. It means that there is no need to print it. You can complete it on your computer, save it, and then come back to it to study for your final exam. Simply save this PDF onto your computer, and open it in Preview on a Mac, or Adobe reader on either Windows or Mac.

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Click in each empty box next to each question to fill in your answer.

When you're done reviewing, make sure to save this PDF, so you can come back to it whenever you need.

#drishtifam



Define Yoga

Name the 8 limbs of
yoga and definition

Name the 5 Yamas and
definition

Name the 5 Niyamas
and definition

Define the following:

Drishti

Vinyasa

Asana

Hatha

Chakras

Bandhas

Ananda

Mudra

OM

Adho

Adrha

Dwi

Utthita

Kona

Baddha	
Eka	
Mudra	
Parivrtta	
Parsva	
Nadi	
Supta	
Sutra	
Tula	
Upavistha	
Uphaya	
Urdhva	
Ujjayi	
Nadi Shodana	

Name the Sanskrit term:

Child's Pose

Cat

Cow

Seated

Downward Facing Dog

Pranayama

Extended Butterfly Pose

Fish Pose

Deaf Man's Pose

Half Bow

Full Bow

Bridge

Full Bridge/Wheel

Single Leg Lift

Abdominal Twists

Boat

Forward Fold	
Halfway lift	
Extended Mountain Pose	
Plank	
Crocodile	
Upward Facing Dog	
Seated Chair	
Twisting Seated Chair	
Twisting Lunge	
Half Split	
Three-Legged Dog	
Shiva Squat	
Plow	
Shoulder Stand	
Lizard Pose	
Head Stand	
Hand Stand	
Standing Splits	
Twisting Pyramid	

Flip Dog	
Warrior One	
Devotional Warrior	
Side Plank	
Side Plank with Tree	
Fallen Angle	
Tree	
Eagle	
Extended Hand to foot pose	
Warrior Three	
Dancers Pose	
Standing Lotus	
Pyramid Pose	
Dolphin Pose	
Deep Side Lunge	
Goddess Pose	
Wide leg Seated Forward Fold	
Supine Twist	
Seated Twist	

Warrior Two	
Reverse Warrior	
Extended Warrior	
Extended Warrior with bind	
Bird of paradise	
Triangle	
Reverse Triangle	
Crow	
Side Crow	
Half Camel	
Full Camel	
Locust	
Split	
Half Forward Fold	
Seated Forward Fold	
Pigeon	
Half Pigeon	
King Pigeon	

Name 5 inclusive language words

Name negative words we want to avoid when teaching

How do you say in Sanskrit – Yoga is the cessation of the fluctuations of the mind?

How do you say in Sanskrit – Now the teaching of Yoga?

Where do these two phrases come from?

Name Three Benefits of Nadi Shodana Breathing

Define the following anatomical terms:

Superior

Inferior

Anterior

Posterior

Lateral

Medial

Flex

Extend

Prone

Supine

Proximal

Define the following Planes of Movement:

Coronal/Facial

Sagittal

Transverse



Define Koshas

Name the Koshas both in English and in Sanskrit

Name the 3 important Nadis and at least three key things that define them

Name the 7 Chakras both in English and in Sanskrit and one key definition of what they represent.

Define Kleishas

List all five Kleishas in Sanskrit and what they mean.

Define Mindfulness

Define Meditation

Name the 5 bandhas
both on Sanskrit and in
English

Name the 5 principles
of alignment (Baron
Baptists)

Name the 5 essential
elements of power
yoga (Baron Baptiste)

In the Bhagavad Gita
what does Atman
Refer to?

What is the main theme in the Bhagavad Gita? What is Krishna telling Arjuna to do in order to do the right thing?

What are the two key coaching requirements when teaching?

What do Ligaments Attach?

What do Tendons Attach?

What is each system responsible for:

Skeletal

Muscular

Cardiovascular

Digestive

What is a voluntary muscle?	
What is an involuntary muscle?	
Define Parasympathetic Breath.	
Define Sympathetic Breath.	
What the Vedas?	
What are the Upanishads?	
What year did yoga come to the U.S.?	
Who was Sri Krishnamacharya?	

Who founded Ashtanga
Yoga?

Define Mudra?

Name two mudras,
their meanings, and
describe their
positions?

Define "OM Asato Maa
Sat Gamaya

Define Beta Brain
Waves

Define Alpha Brain
Waves

Define Gamma Brain
Waves

Define Delta Brain
Waves

Your personal notes
