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**Power Yoga Study Guide Questions Ch 1-9**

**Chapter 1**

1. The literal meaning of *Astanga* is *eight limbs*.
2. There are \_\_\_\_\_ series in Astanga Yoga
3. The Yoga Korunta Manuscript is \_\_\_ and the word sutras means \_\_\_\_
4. The word Yoga originates from \_\_\_\_\_
5. The Primary ingredient of Power Yoga is \_\_\_\_
6. The primary series I Power Yoga is named \_\_\_\_\_ in Sanskrit and it means \_\_\_\_\_
7. According to Axiom #6 and Axiom #8 some invaluable advice for practicing Power Yoga is \_\_\_\_\_\_\_
8. Vrittis is \_\_\_\_\_\_\_\_\_\_
9. Mindfulness means \_\_\_\_\_\_\_\_\_\_

**Chapter 2**

1. Breathing Backwards mean \_\_\_\_\_\_\_\_\_
2. Prana literally means \_\_\_\_\_\_\_\_\_\_\_
3. Active Exhalation is \_\_\_\_\_\_\_
4. Active Exhalation is trying to teach you to \_\_\_\_\_\_\_\_\_

**Chapter 3**

1. There are \_\_\_\_ positions in Sun Salutation A and Sun Salutation B.
2. The five basic elements that contribute to the heat and maintaining the heat are \_\_\_\_\_\_\_\_\_\_\_