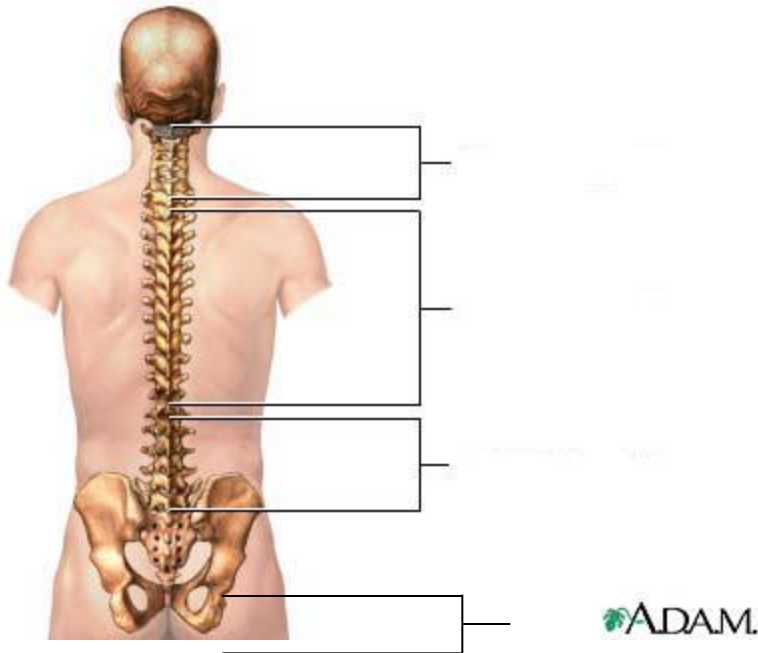


Please make your responses legible and use additional paper as needed



- 1.** Please label the spinal regions in the illustration above, noting the number of vertebrae in each.
- 2.** Please provide the definition of the following terms describing range of movement of the body:

Flexion

Extension

Axial extension

Rotation

Abduction

Adduction

Pronation

Supination

3. Please describe the basic structure and function of the following:

Joint

Ligament

Tendon

Cervical spine

Lumbar spine

Thoracic spine

Sacrum

Vertebrae

Intervertebral Disc

Sacroiliac joint

Kyphosis

Lordosis

Scoliosis

4. Please identify the location and action of the following muscles and name a posture to stretch and/or strengthen it as indicated:

Neck/Shoulders/Arms: Name a posture to help **strengthen** these muscles

- biceps brachii
- deltoid
- tricep brachii
- scalenes
- rhomboids

Hips/Buttocks/Legs: Name a posture to help **stretch** these muscles

- gluteus muscles
- quadriceps femoris
- piriformis
- muscles of the posterior thigh ('hamstrings')

- hip adductors
- hip abductors
- hip flexors
- hip extensors

Torso: Name one or more postures that help to **stretch and strengthen** these muscles

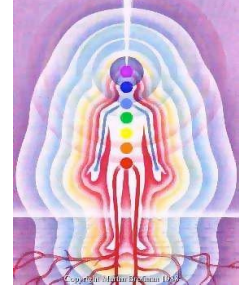
- erector spinae
- iliopsoas
- latissimus dorsi
- rectus abdominus
- trapezius
- quadratus lumborum

5. Please translate the following Sanskrit Terms

- Ardha
- Adho
- Mukha
- Sirsa
- Dvipada
- Ekapada
- Janu
- Parivrtti
- Parsva
- Prasarita
- Supta
- Utthita
- Urdhva

6. Define/describe the following:

- a. ida
- b. pingala
- c. shushumna
- d. nadi
- e. samskara
- f. mantra
- g. mudra



7. Please fill out the following grid related to the Chakras.

Chakra	Sanskrit Name	Location	Color	Central Issue or Quality	Excessive Characteristics	Deficient Characteristics
(1)						
(2)						
(3)						
(4)						
(5)						
(6)						
(7)						

8. Please list and describe the Gunas (the primary qualities of nature).
9. What is the name the Sanskrit text known as 'The Song of God'?
10. Why is ethics and important discussion in yoga teacher training?
11. Please give a detailed description of the four parts of the breath and the energetic effects of each.
12. From the Yoga Sutras of Patanjali:
 - A. Please list and describe the 'locks and keys' from YS I:33
 - B. What is pratipaksha bhavana?
 - C. Please list and describe the Yamas and Niyamas in detail
 - D. Please list and describe the Kleshas in detail.