

Yoga Flashcards PDF

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What is the primary purpose of yoga?

The primary purpose of yoga is to promote physical, mental, and spiritual well-being.

Name one of the most popular styles of yoga practiced today.

One of the most popular styles of yoga practiced today is Hatha yoga.

What does the term 'Asana' refer to in yoga?

The term 'Asana' refers to the physical postures or poses practiced in yoga.

What is 'Pranayama' in the context of yoga?

'Pranayama' refers to the practice of breath control in yoga.

What is the significance of 'Savasana' in a yoga practice?

'Savasana' is significant as it is a relaxation pose that allows the body to absorb the benefits of the practice.

How does yoga benefit mental health?

Yoga benefits mental health by reducing stress, anxiety, and depression while promoting relaxation and mindfulness.

What is the meaning of 'Namaste'?

'Namaste' is a greeting that means 'I bow to you' and is often used at the beginning and end of yoga classes.

What are the eight limbs of yoga as outlined by Patanjali?

The eight limbs of yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

What is the role of meditation in yoga?

Meditation in yoga helps to cultivate mindfulness, focus, and a deeper connection to oneself.

Can yoga be practiced by people of all ages?

Yes, yoga can be practiced by people of all ages and fitness levels.