

## SESSION 4: YOGA AND TAI CHI

### QUESTION 1

Which meditation technique builds strength and physical flexibility?

CHOOSE ONE

- Hatha yoga
- Contemplation
- Imagery
- Mindfulness

### QUESTION 2

What does the name of a yoga posture signify?

CHOOSE ONE

- Associated qualities
- Rhythmic movement
- Insight
- Emotional release

### QUESTION 3

When did yoga originate?

CHOOSE ONE

- 1,000 years ago
- 3,000 years ago
- 5,000 years ago
- 7,000 years ago

## QUESTION 4

This is an essential feature of restorative yoga:

**CHOOSE ONE**

- Precision and alignment in the performance of postures
- A connection between movement and breath
- Using props, such as blankets, bolsters and blocks
- Doing the same series of 26 postures

## QUESTION 5

A trauma sensitive yoga class would involve the use of modifiable postures, simple language and which of the following?

**CHOOSE ONE**

- A predictable routine
- Ample physical assists
- Bright lighting

- Lavender fragrance

## QUESTION 6

Which statement is FALSE?

CHOOSE ONE

- Ashtanga Yoga is a form of Hatha Yoga
- Hatha Yoga is a popular form of yoga in the United States
- Hatha Yoga refers to the balancing of feminine and masculine aspects
- The word Hatha comes from the root words give and take

## QUESTION 7

Which principal is used in yoga to treat depression?

CHOOSE ONE

- Incorporate breathing techniques into the practice
- Listen to the body to cue times to practice
- The more vigorous the practice, the more the mood is uplifted
- Focus on the body first and then move attention to focus on emotions

## QUESTION 8

In addition to mindfulness, enhanced focus, and breathing techniques that reduce stress and anxiety, name another common benefit of yoga:

CHOOSE ONE

- Challenging poses that increase self-confidence.
- Body focus overrides mental habit of rumination
- Competition that builds mastery
- Time management to attend class.

## QUESTION 9

In yoga, what does the acronym BRFWA represent?

CHOOSE ONE

- Breathe, relax, feel, watch, allow
- Breathe, rest, forget, wait, align
- Breathe, relax, feel, wait, align
- Breathe, relax, focus, watch, align

## QUESTION 10

In a random controlled trial of post-menopausal women with osteopenia, which meditation method changed bone formation?

CHOOSE ONE

- Yoga
- Mindfulness
- Imagery

- Tai Chi

## QUESTION 11

Which is a general alignment principal in Tai Chi Swinging?

CHOOSE ONE

- Keep your knees and hips slightly bent
- Lock the knees and stabilize the hips
- Bend the knees and lock the hips
- Lock the knees and keep hips slightly bent

## QUESTION 12

Which is recommended during Tai Chi Swinging?

CHOOSE ONE

- Focus on body movement and avoid breath focus until more advanced
- Relax into whatever breath pattern feels most comfortable for you
- Inhale and allow your belly to collapse, exhale and allow your belly to expand
- Inhale and allow your belly to expand, exhale and allow your belly to collapse

## QUESTION 13

Which is useful imagery and visualization to practice during Tai Chi?

CHOOSE ONE

- Grounding your spine like an anchor in water
- Swinging your arms directly from the spine like a tether ball
- Shifting your weight like snow shoeing down a mountain side
- Swinging your arms like pouring water from one bucket to another

## QUESTION 14

Which is helpful during Tai Chi Swinging:

**CHOOSE ONE**

- Fix your gaze on one point to support stability
- Close your eyes to avoid distraction and balance
- Close your eyes to help you feel more relaxed
- Watch your arms swing to help you get into the rhythm zone