

Chapter: What is Yoga?

1. The longitude and latitude are given to everybody. What are the 2 things given by Kundalini Yoga?
2. Name the 2 forces within the body and what they are governed by in yogic terms?
3. What are the three aspects of the second facet in the human being?
 - a) Lower self, central self, higher self
 - b) Mental outlook, happiness, mental evaluation
 - c) Physical self, Outer self, Delicate self
4. Define Prana and Apana?
5. Name the 3 Characteristics of Kundalini Yoga?
 - a) Science, technology, awareness
 - b) Leverage, Legacy and Lineage
 - c) Body, Mind, Soul and Spirit
6. What is the First Qualification for Kundalini Yoga?
 - d) That you have discipline and True Wisdom
 - e) That you seek the awareness that is moment to moment
 - f) That you are flexible in body and neutral in mind

Chapter: Varieties of Yoga

7. What does Yogi Bhajan say of Raj Yoga and what is the rule or saying for this?
8. How many forms of Yoga are there and which ones make the "Tri Marga" or Threefold Path as stated in the Bhagavad Gita?
9. Which forms of yoga make the "Tri Marga" or Threefold Path as stated in the Bhagavad Gita?
 - a) Karma, Bhakti and Gyan Yoga
 - b) Karma, Bhakti and Hatha
 - c) Karma, Kriya and Shakti
10. Name the Seven types of Yoga which mainly form Kundalini Yoga?

Chapter: Kundalini Yoga and Sikh Dharma

11. Name 3 of the core values of The House of Guru Ram Das which were a departure from the Ancient Yogic Path.

12. A Kundalini Yoga Teacher's personality is based on what?
 - a) Neutrality
 - b) Wisdom
 - c) Service

Chapter; The Golden Chain, the Spiritual Teacher and Yogi Bhajan

13. What is the Golden Chain of Kundalini Yoga and what do we chant to tune into it.

14. Define the Spiritual Teacher according to Yogi Bhajan.

15. What did Yogi Bhajan declare when he first started Teaching Kundalini Yoga.

Chapter: Sadhana

16. What is the sequence of the Essence of Sadhana?

17. Why is it important for a Kundalini Yoga Teacher to do sadhana?