

## Weekend 5 QUESTIONS

### CHAPTER 20 - YOGIC LIFESTYLE

- 1) WHAT IS THE MAIN RULE FOR A GOOD YOGIC LIFESTYLE?
- 2) REGULAR PRACTICE OF KUNDALINIYOGA PUTS US IN TOUCH WITH WHAT?
- 3) WHAT ARE THE 9 STEPS TO ENSURE A MORE SOUND, REJUVENATING SLEEP?
- 4) WHY SHOULD WE TAKE A COLD SHOWER?
- 5) WHEN SHOULD YOU NOT TAKE A COLD SHOWER?
- 6) WHAT IS YOUTH?
- 7) WHERE SHOULD YOU START WHEN HAVING A COLD SHOWER?
- 8) WHAT IS 'PAANEE PITAA'?
- 9) WHY DO MEN GROW BEARDS IN A YOGIC LIFESTYLE?
- 10) FILL IN THE GAP? KUNDALINI YOGA AND ..... DON'T MIX!
- 11) HOW DOES A PERSON CLEAR THE EFFECTS AND ABNORMALITIES OF DRUGS?
- 12) HOW DO DRUGS INCREASE STRESS ON THE NERVOUS SYSTEM?

### CHAPTER 21- YOGIC DIET

- 1) WHAT ARE THE TRI-DOSHAS AND THEIR QUALITIES IN THE BODY
- 2) NAME THE 3 TYPES OF FOOD ON THE EARTH?

3) WHAT ARE THE 3 QUALITIES OF FOOD IN THE YOGIC PERSPECTIVE?

4) WHAT ARE NUTRITIOUS AND SUSTAINING FOODS.

5) WHY IS EATING RAW FOOD ESSENTIAL?

6) NAME THE 6 TASTES IN THE YOGIC TRADITION?

7) WHAT DO ALKALINE FOODS DO TO THE BODY AND GIVE EXAMPLES?

8) WHAT DO ACIDIC FOODS DO TO THE BODY AND GIVE EXAMPLES?

9) AS A VEGETARIAN, WHAT DID YOGI BHAJAN STATE NOT TO EAT?

10) WHY ARE WE, IN KUNDALINI YOGA, ADVISED TO EAT DAIRY PRODUCTS (COW, SOY OR GOAT SUBSTITUTES)?

11) WHAT ARE THE TRINITY ROOTS?

12) WHAT FOODS SHOULD WE AVOID IN A YOGIC DIET?

13) WHAT ARE THE GUIDELINES FOR PREPARING FOODS?

14) WHAT ARE THE GUIDLELINES FOR HEALTHFUL DIGESTION AND ELIMINATION?

## CHAPTER 27

15) HOW DO YOU END AN EXERCISE?

16) WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHOSE BACK IS NOT MAKING CONTACT DURING BACK ROLLS?

17) WHAT SHOULD NOT BE DONE IN CORPSE POSE?

18) IF YOU HAVE BEEN TEACHING BACK BENDS WHAT IS A GOOD COUNTERPOSE?

19) WHAT WOULD BE SOME GOOD HIP OPENING POSTURES?

20) FOR LIFE NERVE STRETCHES, FORWARD BENDS WHAT SHOULD YOU ALWAYS LEAD WITH?

21) IN LOCUST POSE HOW WOULD YOU HELP THE POSTURE?

#### CHAPTER 28

22) WHAT ARE THE BASICS OF THE PRACTICE OF EVERY KUNDALINI YOGA KRIYA?

23) HOW DO WE ANCHOR OUR POSTURE?

24) HOW CAN YOU STRETCH THE UPPER BACK BEST?

25) WHY IS THE WAY WE WALK IMPORTANT?

26) WHERE DOES GOOD HEALTH START?

27 ) CONSIDER HOW YOU WOULD TEACH YOGIC BREATH AND WHY IT IS IMPORTANT

28) WHAT ARE THE BASIC RULES FOR BOWING?