

Phil. 312 Oriental Philosophy

Quiz: Kinds of Yoga

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Directions: Match the descriptions in *Column 2* with the most appropriate Form of Yoga in *Column 1* by placing the number or numbers in the blank spaces provided.

<i>Column 1</i>	<i>Column 2</i>
_____1,____10_____ Hatha Yoga	1. Physical preliminary to spiritual yoga.
_____8,____9_____ Jnana Yoga	2. Work is done without attachment.
_____6,____7_____ Bhakti Yoga	3. The way of psychological experiment— “the Royal Way.”
_____2,____4_____ Karma Yoga	4. Work is done as an offering without thought of reward.
_____3,____5_____ Raja Yoga	5. Atman realized through meditation where subjective and objective vanishes.
	6. Use of <i>japam</i> or subvocal chanting.
	7. The personality of gods are important.
	8. Education in the scriptures.
	9. The Way of Knowledge.
	10. The development of a healthy body.

Name _____