

# Quiz: Kinds of Yoga Answers

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*Directions:* Match the kinds of yoga in *Column 2* with the *most* appropriate characteristics in *Column 1* by placing the number *or numbers* in the blank spaces provided.

*Column 1*

*Column 2*

\_\_\_\_\_ 5, 9 \_\_\_\_\_  
*Hatha Yoga*

1. Personality of God indispensable

2. Actions taken imprint on the mind

\_\_\_\_\_ 3, 10 \_\_\_\_\_  
*Jnana Yoga*

3. Way of knowledge for intellectuals

4. Meditative psychological experiment

\_\_\_\_\_ 1, 6 \_\_\_\_\_  
*Bhakti Yoga*

5. Preliminary to forms of spiritual yogas

6. Worship of God as one's chosen ideal

\_\_\_\_\_ 2, 8 \_\_\_\_\_  
*Karma Yoga*

7. Mastery of concentration and meditation

8. Work without attachments

\_\_\_\_\_ 4, 7 \_\_\_\_\_  
*Raja Yoga*

9. Mastery and control over the body

10. Most appealing to the reflective temperament

NAME \_\_\_\_\_