

Quiz: Kinds of Yoga Answers

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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.

Column 1

Column 2

_____ 1, 10 _____
Hatha Yoga

1. Physical preliminary to spiritual yoga

2. Work is done without attachment

_____ 8, 9 _____
Jnana Yoga

3. The way of psychological experiment—
“the Royal Way”

4. Work is done as an offering without
thought of reward

_____ 6, 7 _____
Bhakti Yoga

5. Atman realized through meditation
where subjective and objective vanishes

6. Use of *japam* or subvocal chanting

_____ 2, 4 _____
Karma Yoga

7. The personality of gods are important

8. Education in the scriptures

_____ 3, 5 _____
Raja Yoga

9. The Way of Knowledge

10. The development of a healthy body

Name _____