

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.

Column 1

Column 2

_____ *Hatha* Yoga

1. Physical preliminary to spiritual yoga

2. Work is done without attachment

_____ *Jnana* Yoga

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

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

_____ *Bhakti* Yoga

5. Atman realized through meditation
where subjective and objective vanishes

6. Use of *japam* or subvocal chanting

_____ *Karma* Yoga

7. The personality of gods are important

8. Education in the scriptures

_____ *Raja* Yoga

9. The Way of Knowledge

10. The development of a healthy body

Name _____