



Continuing Education  
Questionnaire  
Yoga and Brain Health

## Write Your Name:

Once this form is completed, please submit to [institute@neurorestorative.com](mailto:institute@neurorestorative.com)

1. Misconceptions of yoga are that you:
  - must be flexible
  - are in a certain religion
  - are a tree hugger
  - all of the above
  
2. How many limbs of yoga are there?
  - 3
  - 5
  - 8
  - 11
  
3. Specific to NeuroRestorative patients, what limbs are focused on:
  - asanas, pranayama, dhyana
  - asanas, pranayama, pratyahara
  - dharana, dhyana, samadhi
  - yamas, niyamas, asanas
  
4. Asana is Sanskrit for:
  - observances
  - postures
  - pure contemplation
  - restraints
  
5. Pranayama controls:
  - attention
  - breath
  - concentration
  - withdrawal of the senses



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6. Dhyana consists of:
- adding mudras, chants, mantras, affirmations
  - clearing all thoughts and images
  - meditating on a single object
  - a and c
7. Benefits of yoga asanas:
- builds strength and endurance
  - helps you run a marathon
  - increases body awareness
  - stay up all night
8. Breath awareness is:
- noticing the breath in all movements throughout the day
  - not important to daily living
  - breath control
  - regulating inhalations and exhalations
9. One type of breath control is:
- extended exhalation breath
  - kali breath
  - mindfulness breath
  - pure breath
10. The name of the camel is:
- Brad Pitt
  - Fred Astaire
  - Tom Cruise
  - Spongebob