



Continuing Education
Questionnaire
Yoga and Brain Health

Write Your Name:

Once this form is completed, please submit to 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