**Study Questions-Month 6**

1. What is the first realization of Kriya Yoga?
2. What is the second realization of Kriya Yoga?
3. Explain in your own words from the Theory and Philosophy section, the statement; “We are just the conduit for Divine Mother”.
4. What are the major practices of the Kriya Yoga householder? List them.
5. List some contraindicated poses, and explain why?
6. What muscle groups are considered to be the core of the body?
7. What types of poses can a prenatal woman typically do during all stages of pregnancy?
8. In your own words, explain which of the 3 *bandhas* are most important and why?
9. Explain the dance of the diaphragm and pelvic floor?
10. What organ or action and sense organ are associated with *apana vayu?*
11. Why are positive smells so important?
12. What cultivates *apana vayu* and what stops its flow?
13. Why are standing poses so important at the onset of labor?
14. Which poses are great for the pregnant woman to cultivate *uddiyana bandha?*
15. How should a student leave a class feeling?
16. Aside from *Yogananda*, what common thread do most of the remaining gurus in the Kriya lineage have in common?
17. Who cannot attain enlightenment?
18. What is the goal of *Kriya Yoga*?
19. Finish this sentence. “Pain is of the body but suffering is of the \_\_\_\_”.
20. Why is that an important concept for the pregnant woman to grasp? And especially the woman in labor?
21. Who is the sage who brought *Kriya Yoga* to the west?
22. Which type of student could benefit from using a chair as a prop?
23. In your own words, how would you deal with a student that appears scattered and/or anxious in a class?

**Study Questions for CD- *Kriya Yoga/Prajna Ananda Moksha:***

1. What do the levator muscles support?
2. What is ojas/prana and *Tejas* linked to?
3. What does *Prajna* mean?
4. What does *Ananda* mean?
5. What does *Moksha* mean?
6. What is considered to be the gateway to consciousness?
7. What is your understanding of “offering less resistance”?
8. What is the value of responding rather than reacting to other people?
9. What do you think is the message from the lion cub yogi tale?
10. What does “la gap” stand for?
11. How can practicing the *yamas* and offering less resistance improve our life?