**Study Questions-Month 3**

1. What do experiences release?

2. What poses are to be avoided during pregnancy, and why?

3. In subtle anatomy, what is associated with the left side of the body?

4. Why is it important to create as much alignment as possible in the body?

5. What are you allured by, and why could that be a problem?

6. Pleasure/pain, attraction and aversion are extremes. Where do these come up in your life?

7. In which flowing sequence is it easy to see which students present with hyper-extended elbows?

8. What is meant by *asana* on an esoteric and exoteric level? Clarify both.

9. What are the stages that we measure life experience?

10. Meditate on the phrase, from **Notes on Practice**, “everything in matter is a vibration,” and write a brief essay.

11. After reading **Notes on Practice** and the effects on impeding *Prana* and memory, write a brief account in your own words.

12. Which flowing *vinyasa* can give a teacher an initial indicator of hyper-mobile joints in a student?

13. What yoga poses might be beneficial for the student to practice with hyper-mobile joints, and why?

14. *Prana* and life energy considerations for a pregnant woman means that she needs to\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (finish this sentence in your own words)

15. What is the difference between general exercise and *Hatha* Yoga?

16. What is the value of practicing *mouna* especially for women?

17. Describe a rotational *Kriya* Yoga breathing technique.

18. Explain briefly your understanding of *maya* and how that can get in the way of our spiritual progress.

19. What does *Avidya* mean and why do you think that it is important to have a good memory?

20. Why do many people give up on a yoga practice?

21. Why is becoming more aware of the dream state so important?

22. What does the pelvis protect?

23. What happens to the body during the second half of pregnancy?

24. What can squatting help to train?

25. When should squatting be avoided?

26. What is the core of the body?

27. What challenge to the spine does the prenatal woman experience? and how can *hatha* yoga help?

28. From your own experience, what does “*asana is a pranic model*” mean?

29. What is the primary organ in pregnancy?

30. What needs to work harder during pregnancy?