

Fit to Read Quiz and Answers – 7 Ideas to stoke your passion (yoga)

1. True or false: It can be helpful to dedicate your practice to feeling grateful for what your body can do? _____
2. What question should you ask yourself when you step on the mat for practice?

3. What is the name of a traditional Ashtanga practice where students gather together?

4. You understand what your yoga instructor really means by “internally rotating your arm” if you have a _____ of _____
5. How often should you try a new practice to avoid boredom? _____
6. True or false: Taking and trying a new class is an opportunity to learn a tremendous amount of new information about yourself _____
7. True or false: podcast and DVD yoga sessions are great for busy people who want to practice but can't find the time _____
8. True or false: a real yoga guru can see what the student needs and offer the practices at the right time _____
9. What is a yoga practice compared to in this article?

10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!