

Yoga trivia

Questions from the history pages, pose pages, glossary, and breathing notes on this site. Answers and a one-line reason follow each question. Print this if you want the sheet. The on-site quiz keeps score in the browser.

HISTORY · 1

Does an undeciphered Indus seal prove that modern yoga postures began in Mohenjo-daro?

Yes, the seal is a pose manual

Answer: No. The script cannot be read, and scholars disagree about the figure

Yes, because the cities had baths

Only if the class is hot yoga

The origins article says the script is undeciphered, so the seal cannot settle the question.

HISTORY · 2

Which two cities does the history section name as famous Indus sites?

Mysore and Chicago

Answer: Harappa and Mohenjo-daro

Pune and Rishikesh

Varanasi and Madurai

The UCLA summary cited on the origins page names Harappa and Mohenjo-daro.

HISTORY · 3

When does that summary say those cities flourished?

Answer: The third millennium BCE

11 September 1893

The fifteenth century

2017

The origins article uses the UCLA page for a third-millennium date, not for a pose.

HISTORY · 4

Has the Indus script been deciphered?

Yes, in 1925

Yes, by Patanjali

Answer: No

Only the seals about yoga

The origins article repeats the UCLA statement that the script has not been deciphered.

HISTORY · 5

In early Sanskrit, the word yoga is tied to which ordinary action?

Heating a room

Answer: Yoking

Printing a pose card

Counting to eight

The Vedas article says early Sanskrit yoga belongs with yoking, as a horse to a chariot.

HISTORY · 6

Which limb of Patanjali's eight is asana?

The first

Answer: The third

The eighth

It is not one of the eight

The eight limbs article lists yama, niyama, then asana.

HISTORY · 7

What is the Sanskrit of Yoga Sutra 2.46?

Adho mukha svanasana

Answer: [Sthira sukham asanam](#)

Virabhadrasana II

Raja yoga 1896

The Patanjali article gives 2.46 as sthira sukham asanam, a steady comfortable posture.

HISTORY · 8

Does Yoga Sutra 2.46 name Warrior II?

Yes

Answer: [No](#)

Only in the afternoon

Only in Mysore

The article says the line does not name Warrior II, Downward-Facing Dog, or a sun salutation.

HISTORY · 9

Who is the Hatha Yoga Pradipika attributed to?

Answer: [Svatmarama](#)

Vivekananda

Andrew Weil

Romila Thapar

The hatha article says the manual is attributed to Svatmarama.

HISTORY · 10

Which date does the cited Complete Works transcription give for Vivekananda's Response to Welcome?

15 September 1893

Answer: [11 September 1893](#)

27 September 2017

The third millennium BCE

The Vivekananda article uses the Wikisource list that dates Response to Welcome to 11 September 1893.

HISTORY · 11

Which three students does the Krishnamacharya article name?

Answer: [Iyengar](#), [Pattabhi Jois](#), and [Desikachar](#)

Weil, Marshall, and Thapar

Mallinson, Singleton, and White

Grilley, Choudhury, and Kosambi

That article is about Iyengar, Pattabhi Jois, and Desikachar.

HISTORY · 12

Is Pattabhi Jois's Ashtanga the same thing as Patanjali's eight limbs?

Yes, it is the same syllabus

Answer: [No. They share a word and not a syllabus](#)

Yes, both are hot yoga

Only on Tuesdays

Both the Krishnamacharya article and the styles article say the shared word is not a shared syllabus.

HISTORY · 13

Who published Roots of Yoga in the Penguin Classics edition this site cites?

John Marshall alone

Answer: [James Mallinson and Mark Singleton](#)

B. K. S. Iyengar

Swami Vivekananda

The history pages cite Mallinson and Singleton, Penguin Classics, 2017.

HISTORY · 14

Which book does this site cite for the argument that modern posture practice has a modern history?

Answer: Yoga Body, by Mark Singleton

The Indus script

Light on the breathing timer

A seal caption

Several history articles name Singleton's Yoga Body (Oxford University Press, 2010) for that argument.

HISTORY · 15

Does this site quote Vivekananda's welcome speech?

Yes, in full

Answer: No. The copy it found is tagged unsourced, so it cites the date list only

Yes, one sentence about hips

Only in Sanskrit

The Vivekananda article explains that choice.

HISTORY · 16

What does the history section say a beginner site is for?

Certifying a lineage

Answer: Pose cues, short routines, and two counted breaths, with uncertainty left in

Proving the Indus seal

Replacing a clinician

The closing history article describes the site that way and says the pages are not a lineage certificate.

POSES · 17

What is the Sanskrit name of Mountain Pose on this site?

Savasana

Answer: Tadasana

Balasana

Vrksasana

The Mountain Pose page names it Tadasana.

POSES · 18

What is the Sanskrit name of Corpse Pose?

Answer: Savasana

Sukhasana

Tadasana

Dandasana

The Corpse Pose page and the glossary call it Savasana.

POSES · 19

What is the Sanskrit name of Child's Pose?

Bhujangasana

Answer: Balasana

Bitilasana

Setu Bandha Sarvangasana

The Child's Pose page names it Balasana.

POSES · 20

What is the Sanskrit name of Downward-Facing Dog?

Urdhva Mukha Svanasana

Answer: Adho Mukha Svanasana

Anjaneyasana

Phalakasana

The Downward-Facing Dog page uses Adho Mukha Svanasana.

POSES · 21

What is the Sanskrit name of Tree Pose?

Answer: Vrksasana

Virabhadrasana II

Trikonasana

Utkatasana

The Tree Pose page names it Vrksasana.

POSES · 22

What is the Sanskrit name of Warrior II?

Virabhadrasana I

Answer: Virabhadrasana II

Virabhadrasana III

Utthita Parsvakonasana

The Warrior II page names it Virabhadrasana II.

POSES · 23

What is the Sanskrit name of Easy Seat?

Answer: Sukhasana

Paschimottanasana

Baddha Konasana

Ananda Balasana

The Easy Seat page names it Sukhasana.

POSES · 24

In Tree Pose, where does this site say the foot should not go?

On the calf

On the ankle

Answer: On the knee

On the floor

The beginner-mistakes article says the foot does not go on the knee.

POSES · 25

How many poses are in this site's library?

7

12

26

Answer: 44

The pose library and the history pages refer to 44 poses.

POSES · 26

What is the Sanskrit name of Cat Pose?

Answer: Marjaryasana

Bitilasana

Bhujangasana

Balasana

The Cat Pose page names it Marjaryasana.

POSES · 27

What is the Sanskrit name of Cow Pose?

Marjaryasana

Answer: Bitilasana

Salabhasana

Ustrasana

The Cow Pose page names it Bitilasana.

POSES · 28

What is the Sanskrit name of Chair Pose?

Answer: Utkatasana

Utkata Konasana

Tadasana

Dandasana

The Chair Pose page names it Utkatasana.

POSES · 29

What is the Sanskrit name of Triangle Pose?

Answer: **Trikonasana**

Parivrtta Trikonasana

Utthita Hasta Padangusthasana

Navasana

The Triangle Pose page names it Trikonasana.

POSES · 30

What is the Sanskrit name of Bridge Pose?

Answer: **Setu Bandha Sarvangasana**

Salamba Sarvangasana

Halasana

Matsyasana

The Bridge Pose page names it Setu Bandha Sarvangasana.

POSES · 31

What is the Sanskrit name of Staff Pose?

Answer: **Dandasana**

Sukhasana

Siddhasana

Padmasana

The Staff Pose page names it Dandasana.

POSES · 32

What is the Sanskrit name of Bound Angle Pose?

Answer: **Baddha Konasana**

Upavistha Konasana

Supta Baddha Konasana

Ananda Balasana

The Bound Angle page names it Baddha Konasana.

SANSKRIT · 33

On this site, what does asana mean?

A heated room

Answer: **A physical posture**

A grocery list

A century

The glossary says asana is a physical yoga posture, the same thing as pose on this site.

SANSKRIT · 34

What does the glossary say pranayama is?

A block

Answer: **Breathing practices**

A warrior sequence

A seal from Harappa

The glossary defines pranayama as breathing practices, separate from the shapes of the poses.

SANSKRIT · 35

Savasana refers to which pose?

Mountain

Answer: **Corpse Pose**

Chair

Plank

The glossary says Savasana is Corpse Pose, the rest at the end.

SANSKRIT · 36

What is a drishti?

Answer: A steady gazing point

A refund

A fifteenth-century manual

A type of mat

The glossary defines drishti as a steady gazing point.

SANSKRIT · 37

How does the glossary describe hatha for most beginner classes?

Answer: A broad word for physical yoga that holds poses

A hot 26-pose trademark only

A Vedic hymn

A kitchen calculator

That is the glossary sentence for hatha.

SANSKRIT · 38

On the Sanskrit names article, ardha in Ardha Uttanasana is treated as what?

Heat

Answer: Half

Hero

History

That journal article says classes often treat ardha as half, matching Halfway Lift.

SANSKRIT · 39

What does the glossary say beginners can do about bandhas?

They are required in Mountain

Answer: Skip the locks and simply breathe

Hold them for seven minutes

Use them only in heat

The glossary says beginners can skip the locks and simply breathe.

SANSKRIT · 40

What is a mudra, according to the glossary?

A required chant

Answer: A hand shape, and optional

The Indus script

A sun salutation

The glossary says a mudra is a hand shape and that a relaxed hand is enough.

SANSKRIT · 41

Does the glossary say you must say namaste to practice?

Yes

Answer: No

Only in Sanskrit class

Only after Corpse Pose

The glossary says you do not need to say it to practice.

SANSKRIT · 42

What does vinyasa mean on this site?

Answer: Linking poses with the breath, often moving

A fifteenth-century seal

A budget recipe

A prop-only method

The glossary defines vinyasa that way and says these routines are slower than a typical vinyasa class.

SANSKRIT · 43

What is a modification, in the glossary?

Answer: A change that keeps the intent of a pose while fitting your body

A harder version only

A Sanskrit verb for yoking

A heated series

The glossary uses bending the knees in a fold as the example.

[SANSKRIT · 44](#)

How does the glossary describe yin?

[Answer: A slow style that holds passive poses for several minutes](#)

The eight limbs

A 1893 speech

A standing sequence only

That is the glossary definition, with Legs Up the Wall and Child's Pose as examples.

[BREATHING · 45](#)

What are the four counts in box breathing on this site?

4, 7, 8, 4

[Answer: 4, 4, 4, 4](#)

4, 4, 7, 8

8, 7, 4, 4

The breathing page says box breathing is in, hold, out, hold, each for four.

[BREATHING · 46](#)

Which other names does the breathing page cite from Cleveland Clinic for box breathing?

[Answer: Square breathing or 4-4-4-4](#)

Raja yoga

Viniyoga

Hatha Pradipika

The page says Cleveland Clinic also calls it square breathing or 4-4-4-4.

[BREATHING · 47](#)

What is the 4-7-8 pattern on this site?

[Answer: In four, hold seven, out eight](#)

In eight, hold seven, out four

Four equal holds only

Seven poses

The breathing page states those counts.

[BREATHING · 48](#)

Who does the breathing page say popularized 4-7-8, citing Cleveland Clinic?

Patanjali

[Answer: Andrew Weil, MD](#)

John Marshall

Svatmarama

The page attributes that note to Cleveland Clinic, not to an ancient manual.

[BREATHING · 49](#)

What does the breathing page say to do if you feel dizzy?

Hold longer

[Answer: Stop and return to an ordinary breath](#)

Start forceful retention

Stand in Warrior III

That sentence is on the breathing page and in the breathing workbook description.

[BREATHING · 50](#)

Is the breathing timer presented as medical care?

Yes

[Answer: No. The page says not to use it to postpone care](#)

Only for insomnia

Only with a bandha

The breathing page says not to postpone care for chest pain, fainting, or a breathing problem.

BREATHING · 51

Does the Patanjali article say the sutras specify this site's four-count box breath?

Yes, sutra 2.46

Answer: No. It says the timer is a different layer

Yes, in the Indus script

Only the niyamas

The eight-limbs article separates pranayama in the sutras from the two counted patterns.

BREATHING · 52

How does the breathing page, citing NCCIH, describe yoga as practiced in the United States?

Answer: Postures, breathing techniques, and meditation

Seals, cities, and hymns only

Heat, series, and props only

Recipes and calculators

That NCCIH description is quoted on the breathing page.

BREATHING · 53

What does this site repeat from NCCIH about forceful breathing for newcomers?

It is required in week one

Answer: Avoid forceful breathing while you are learning

Use it in Corpse Pose

It is the same as 4-7-8

The hatha history article and the getting-started journal both point at that caution.

BREATHING · 54

How many equal parts does this site give box breathing?

Three

Answer: Four

Seven

Eight

In, hold, out, and hold are the four equal parts on the breathing page.

BREATHING · 55

Which pose does the sleep article suggest if a counted breath makes you more alert?

Answer: An ordinary slower exhale in Child's Pose

A headstand

Hot yoga

Warrior III for five minutes

The gentle sleep article says to drop the count and use a slower exhale in Child's Pose if counting makes you alert.

BREATHING · 56

What does the glossary say is enough inside a pose if you skip locks?

A mantra you must repeat

Answer: Simply breathing

A mudra from the Pradipika

Naming the Indus seal

The bandha entry says beginners can skip the locks and simply breathe.