



Karuna Yoga Vidya Peetham

Bangalore India

200 Hr Yoga Teacher Training Certificate Course
Batch: august 2020

Revision Examination: Paper- 2 (Yoga Teaching Methodology)

1. Define 'teaching' according to Yoga perspective of view.
2. Define 'methodology' according to Yoga perspective of view.
3. Write the meaning for term guru and master and teacher and instructor.
4. Write the meaning for term yoga teacher and yoga instructor.
5. What kind of space needed for hatha yoga practice?
6. What type of floor will be ideal for Vinyasa yoga practice?
7. How the 'walls' should be in yoga studio.
8. What is the temperature for hot yoga class?
9. What type of air need to hatha yoga practice?
10. What type of "light or brightness" need for gentle yoga?
11. What type of "light or brightness" need for hatha yoga?
12. What type of "light or brightness" need for Vinyasa yoga?
13. What type of "light or brightness" need for Astanga yoga?
14. What type of "light or brightness" need for restorative yoga?
15. How and what types of music should be used in difference intensity of hatha yoga class.
16. Write about 'aroma' and yoga class.
17. Define props according to hatha yoga.
18. Mention the different types of props.
19. What type of yoga mat is good for asana practice?
20. What types of cleanliness student should follow in the class room.
21. Write what kind of attire ideal for Vinyasa yoga.
22. Write what kind of attire ideal for hatha yoga.
23. Write reasons why we should be in 'bare feet' in yoga class.

24. Why we should not talk while during yoga class.
25. How to maintain silence during yoga class.
26. What time student should arrive and depart from yoga class.
27. Where will you allocate in class room, if students with injuries, pregnancy, physical limitations, and with balancing problem.
28. How to place “master’s mat” in class room.
29. Where to place “master’s mat” in class room.
30. In crowded class how will you arrange yoga mat.
31. How will you arrange yoga mat, in rectangular shape class room.
32. How will you arrange yoga mat, in horizontal shape class room.
33. How yoga master should greet, students in yoga class room.
34. Write how to ‘getting situated’ before starting yoga class.
35. Types of ‘setting intention’ before beginning class.
36. Why we chant ‘om’ beginning of class. Write the meaning of ‘om’.
37. Mention the Herbs which refine our tone and voice.
38. How should be the voice and tone for hatha yoga class?
39. How should be the voice and tone for Vinyasa yoga class?
40. How should be the voice and tone for restorative yoga class?
41. How should be the voice and tone for gentle yoga class?
42. How should be the voice and tone, at beginning, middle and end of the class?
43. How should be language in yoga class?
44. How to enquire new students. List out the six questions which you going to ask.
45. Write levels of yoga classes.
46. Write about beginner’s level class and what is the qualification for it.
47. Write about intermediate level class and what is the qualification for it.
48. Write about advanced level class and what is the qualification for it.
49. Write about gentle class and what is the qualification for it.
50. Write about restorative yoga class and what is the qualification for it.
51. Who is not deserved for advanced level yoga class?

52. Write about internal and external mechanism of 'instructing asana'?
53. What are all fundamental knowledge yoga instructor should aware, to giving instruction.
54. How to give effective instruction.
55. Methods of developing 'instructing skill'.
56. Write about 'in - the - flow demonstration'.
57. Define 'gather around demonstration'.
58. Define 'partner standing observation'.
59. How the 'feet' should be in tadasana.
60. How the 'Achilles' should be in tadasana.
61. How the 'calves' should be in tadasana.
62. How the 'knees' should be in tadasana.
63. How the 'hips' should be in tadasana.
64. How the 'pelvic' should be in tadasana.
65. How the 'arms' should be in tadasana.
66. How the 'shoulder' should be in tadasana.
67. How the 'head' should be in tadasana.
68. How the 'neck' should be in tadasana.
69. Write role of yoga teacher in guiding students.
70. Define ethics
71. Write about yoga ethics
72. Yoga ethics in teaching and touching.
73. Yoga ethics in teaching and touching and Patanjali's ahimsa.
74. Brahmacharya in teaching and touching.
75. How to touch students while teaching asana.
76. Define 'practice teaching observation'
77. How to develop 'practice teaching visual observation' skills.
78. Write seven principles of hands on adjustments.
79. Write about safe biomechanics.
80. Write about asana essential element.

81. Write seven qualities of touching.
82. Which is ideal time for yoga practice.
83. Write about social marketing.
84. How to write blog.
85. How to register domain.
86. How to do website design.
87. How to get yoga school license.
88. How to get yoga school insurance.
89. What is meant by digital marketing?
90. How to name the yoga school.
91. How to make your yoga school unique.
92. Define visual learning style.
93. Define auditory learning style.
94. Define kinesthetic learning style.
95. How to do self-reflection while instructing.
96. How to motivate students in yoga class.
97. How to give positive feedback to students.
