

# 200 Hour Yoga Teacher Training (YTT) Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. What is the literal meaning of the name Bhagavad Gita?**
  - A. Song of God**
  - B. Song of the Universe**
  - C. Song of Enlightenment**
  - D. Song of the Soul**
- 2. What is the significance of the "Yamas and Niyamas" in yoga?**
  - A. They are physical postures used in practice**
  - B. They serve as ethical guidelines for behavior**
  - C. They focus solely on meditation techniques**
  - D. They represent the advanced stages of practice**
- 3. What is systemic circulation primarily responsible for?**
  - A. Delivering deoxygenated blood to the lungs**
  - B. Transporting oxygenated blood to the body**
  - C. Removing waste products from the blood**
  - D. Circulating lymph throughout the body**
- 4. What are key components of teaching a yoga class?**
  - A. Providing snacks and refreshments**
  - B. Preparing a sequence and ensuring safety**
  - C. Focusing only on physical strength**
  - D. Promoting competitive spirit among students**
- 5. How can adjustments assist students during yoga practice?**
  - A. They promote competition among students**
  - B. They help enhance alignment and prevent injury**
  - C. They replace the need for personal practice**
  - D. They focus solely on increasing intensity**
- 6. In what way does Yoga Nidra benefit practitioners?**
  - A. By providing vigorous physical workouts**
  - B. By allowing for deep relaxation and meditative states**
  - C. By offering social interaction**
  - D. By teaching advanced poses**

- 7. What does the term "Asana" refer to in yoga?**
- A. A physical posture or position used in yoga practice**
  - B. A breathing technique**
  - C. An ethical guideline**
  - D. A form of meditation**
- 8. What is the primary focus of Kundalini yoga?**
- A. Physical strength and flexibility**
  - B. A scientific approach to awareness and energy alignment**
  - C. Chanting and devotional practices**
  - D. Extreme endurance training**
- 9. Which bone is commonly referred to as the breastbone?**
- A. Sternum**
  - B. Clavicle**
  - C. Scapula**
  - D. Rib**
- 10. What is Sanskrit primarily regarded as?**
- A. A dialect of English**
  - B. A modern language of daily conversation**
  - C. The language of all sacred Hindu and Yoga texts**
  - D. A programming language**

## **Answers**

SAMPLE

- 1. A**
- 2. B**
- 3. B**
- 4. B**
- 5. B**
- 6. B**
- 7. A**
- 8. B**
- 9. A**
- 10. C**

SAMPLE

## **Explanations**

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## 1. What is the literal meaning of the name Bhagavad Gita?

- A. Song of God**
- B. Song of the Universe
- C. Song of Enlightenment
- D. Song of the Soul

The name "Bhagavad Gita" literally translates to "Song of God." This ancient Indian scripture is part of the Indian epic Mahabharata and consists of a dialogue between Prince Arjuna and the god Krishna, who serves as his charioteer. The term "Bhagavad" means divine or godly, while "Gita" means song. Together, they encapsulate the essence of the text as a spiritual and philosophical composition imparted by the divine. In this context, Arjuna receives guidance from Krishna on various subjects, such as duty (dharma), righteousness, and the nature of reality, making it a foundational text in Hindu philosophy. While the other options may have nuances related to broader concepts like the universe, enlightenment, or the soul, they do not capture the specific intention of the title as it expresses the direct connection between the divine source of the teachings and the poetic form in which they are delivered.

## 2. What is the significance of the "Yamas and Niyamas" in yoga?

- A. They are physical postures used in practice
- B. They serve as ethical guidelines for behavior**
- C. They focus solely on meditation techniques
- D. They represent the advanced stages of practice

The significance of the "Yamas and Niyamas" in yoga lies in their role as ethical guidelines for behavior. They form the first two limbs of Patanjali's Eight Limbs of Yoga, which provide a framework for personal conduct and moral discipline. The Yamas consist of five ethical precepts that focus on how to interact with others and the world, such as non-violence, truthfulness, and non-stealing. Similarly, the Niyamas are five observances that guide individual behavior and self-discipline, emphasizing self-purification, contentment, and devotion, among others. By incorporating the Yamas and Niyamas into one's practice, yoga practitioners cultivate an awareness of their actions and thoughts, promoting a mindset that supports inner peace and harmony in relationships. This ethical foundation is crucial because it prepares individuals for deeper aspects of yoga, such as meditation and higher states of consciousness. The other options focus on different aspects of yoga; while physical postures are indeed a component of yoga practice, they do not encompass the ethical considerations central to the Yamas and Niyamas. Likewise, meditation techniques are important but do not directly relate to the ethical framework these guidelines establish. Representing advanced stages of practice also misinterpre

### 3. What is systemic circulation primarily responsible for?

- A. Delivering deoxygenated blood to the lungs
- B. Transporting oxygenated blood to the body**
- C. Removing waste products from the blood
- D. Circulating lymph throughout the body

Systemic circulation is primarily responsible for transporting oxygenated blood from the heart to the rest of the body. This function is critical, as the oxygen carried by the blood is essential for the metabolic processes of tissues and organs throughout the body. After oxygen is delivered, the blood, now deoxygenated, returns to the heart through the venous system to enter the pulmonary circulation, where it will be reoxygenated in the lungs. In contrast, the other options refer to different circulatory functions. For example, delivering deoxygenated blood to the lungs pertains to pulmonary circulation, which is responsible for gas exchange—removing carbon dioxide and replenishing oxygen in the blood. While removing waste products is a vital process that occurs within various circulatory systems, it is not the primary function of systemic circulation specifically. Lastly, circulating lymph is a function of the lymphatic system, which is separate from both the systemic and pulmonary circulatory systems and is primarily involved in immune function and balancing fluid in the body.

### 4. What are key components of teaching a yoga class?

- A. Providing snacks and refreshments
- B. Preparing a sequence and ensuring safety**
- C. Focusing only on physical strength
- D. Promoting competitive spirit among students

The key components of teaching a yoga class include preparing a sequence and ensuring safety, which is essential for providing a supportive and effective experience for students. An effective yoga class involves creating a well-thought-out sequence that flows logically and allows students to gradually build their practice. This ensures that each posture leads naturally to the next, promoting engagement and skill development. Safety is a critical concern in yoga, as it helps to prevent injuries and creates a supportive environment for all practitioners, regardless of their skill level. Instructors must be aware of the physical limitations of their students and provide appropriate adjustments or modifications to accommodate those variations. This approach fosters a sense of trust and confidence among students, encouraging them to deepen their practice. In contrast, providing snacks and refreshments is not a fundamental aspect of teaching a yoga class; rather, it's more relevant to social gatherings or wellness events. Focusing solely on physical strength neglects the holistic nature of yoga, which encompasses mental, emotional, and spiritual well-being as well. Promoting a competitive spirit undermines the core principles of yoga, which emphasize self-awareness, acceptance, and personal growth rather than comparison or rivalry among practitioners.

## 5. How can adjustments assist students during yoga practice?

- A. They promote competition among students
- B. They help enhance alignment and prevent injury**
- C. They replace the need for personal practice
- D. They focus solely on increasing intensity

Adjustments during yoga practice serve a fundamental role in ensuring that students achieve proper alignment in their poses, which is critical for both effectiveness and safety. When instructors provide adjustments, they can guide students to engage the correct muscles, maintain structural integrity, and avoid positions that could lead to strain or injury. This careful attention to alignment allows practitioners to deepen their understanding of the postures and experience the full benefits of their practice. Additionally, well-placed adjustments can increase a student's body awareness, help them identify areas of tension or instability, and assist in achieving a more balanced practice. This process is essential, especially for beginners or those exploring more complex poses, as it builds a strong foundation for their yoga journey. The other options do not accurately reflect the primary purpose of adjustments. For example, promoting competition undermines the supportive nature of yoga, while suggesting that adjustments replace personal practice or focus solely on increasing intensity misses the holistic and therapeutic intent of yoga. Adjustments are about facilitating individual growth and safety, rather than comparison or escalation of challenge.

## 6. In what way does Yoga Nidra benefit practitioners?

- A. By providing vigorous physical workouts
- B. By allowing for deep relaxation and meditative states**
- C. By offering social interaction
- D. By teaching advanced poses

Yoga Nidra benefits practitioners primarily through its ability to facilitate deep relaxation and induce meditative states. This practice, often referred to as "yogic sleep," guides individuals into a relaxed state while maintaining awareness. Unlike other forms of yoga that emphasize physical postures and vigorous workouts, Yoga Nidra focuses on calming the mind and body, reducing stress, and enhancing overall well-being. During a Yoga Nidra session, participants typically lie down in a comfortable position and follow guided instructions to progressively relax different parts of the body. This helps to quiet the mind, improve focus, and promote a sense of inner peace. The meditative state achieved in Yoga Nidra can lead to deeper insights and self-awareness, making it a powerful tool for mental and emotional health. Other options, such as providing vigorous physical workouts, offering social interaction, or teaching advanced poses, do not accurately capture the essence of Yoga Nidra, which is primarily centered on relaxation and meditation rather than physical exertion or advanced asana practice.

## 7. What does the term "Asana" refer to in yoga?

- A. A physical posture or position used in yoga practice**
- B. A breathing technique
- C. An ethical guideline
- D. A form of meditation

The term "Asana" specifically refers to the physical postures or positions that are practiced in yoga. Asanas are a fundamental component of yoga, designed to promote physical health, flexibility, strength, and balance. Each posture is tailored to influence the body in different ways, helping practitioners develop bodily awareness and embody the principles of yoga. Asanas serve as a bridge to deeper states of meditation by preparing the body comfortably for seated practices. While breathing techniques, ethical guidelines, and forms of meditation are all essential elements of yoga, they are distinct practices that enhance the overall experience of yoga but do not define the term "Asana."

## 8. What is the primary focus of Kundalini yoga?

- A. Physical strength and flexibility
- B. A scientific approach to awareness and energy alignment**
- C. Chanting and devotional practices
- D. Extreme endurance training

The primary focus of Kundalini yoga is on a scientific approach to awareness and energy alignment. This style of yoga combines physical postures, breathing techniques, meditation, and mantra chanting to awaken the Kundalini energy believed to reside at the base of the spine. Practitioners aim to raise this energy through the chakras to achieve a heightened state of consciousness and self-awareness. The structured sequences in Kundalini yoga are designed systematically to harmonize the mind, body, and spirit, facilitating personal transformation and enlightenment. While aspects such as physical strength, chanting, and endurance might be present in Kundalini practice, they serve more as tools or supports for the main objective: to cultivate self-awareness and energy flow within the body. Therefore, the emphasis on scientific methods for energy alignment and awareness makes this option the most accurate in representing the essence of Kundalini yoga.

## 9. Which bone is commonly referred to as the breastbone?

- A. Sternum**
- B. Clavicle
- C. Scapula
- D. Rib

The correct answer is the sternum, commonly referred to as the breastbone. This flat bone is located in the center of the chest and serves several vital functions. It plays a crucial role in protecting the heart and lungs, as it forms part of the ribcage. The sternum also serves as an attachment point for several ribs and provides support for the upper body. Its structure typically consists of three parts: the manubrium, body, and xiphoid process, which contribute to its overall strength and functionality in the thoracic area. While the clavicle (collarbone), scapula (shoulder blade), and ribs are all important bones in the skeletal system, they do not serve the same protective central role as the sternum, nor do they have the same distinct identification as the breastbone. Understanding the anatomy of these bones highlights the unique position of the sternum as a central element in the chest structure.

**10. What is Sanskrit primarily regarded as?**

- A. A dialect of English**
- B. A modern language of daily conversation**
- C. The language of all sacred Hindu and Yoga texts**
- D. A programming language**

Sanskrit is primarily regarded as the language of all sacred Hindu and Yoga texts. This ancient language has a rich history and is considered the liturgical language of Hinduism. Many foundational philosophical and spiritual texts such as the Vedas, Upanishads, Bhagavad Gita, and various scriptures related to yoga are composed in Sanskrit. Its precision and depth make it particularly suitable for conveying complex spiritual concepts and teachings. While other languages may facilitate everyday conversations or technological advancements, Sanskrit's significance lies in its cultural and spiritual heritage, particularly within Hinduism and many yoga traditions, establishing it as an essential medium for ancient wisdom that continues to influence modern practices.