

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

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. What is the name of the muscle located in the upper leg?

- A. Pectoralis Major**
- B. Gastrocnemius**
- C. Bicep Femoris**
- D. Erector Spinae**

2. Which muscle is located in the lower leg?

- A. Biceps Brachii**
- B. Rectus Abdominus**
- C. Erector Spinae**
- D. Gastrocnemius**

3. What does the acronym R.I.C.E. stand for in the context of injury treatment?

- A. Rest, Ice, Compression, Elevate**
- B. Relax, Inspect, Circulate, Elevate**
- C. Rehab, Ice, Compress, Engage**
- D. Restore, Ice, Care, Elevate**

4. What is the primary action of the supinator muscle?

- A. Forearm pronation**
- B. Forearm supination**
- C. Trunk flexion**
- D. Leg extension**

5. What is a primary goal of practicing yoga regularly?

- A. To achieve maximum flexibility**
- B. To deepen spiritual awareness**
- C. To compete in yoga championships**
- D. To learn various dance forms**

6. How can practitioners effectively set intentions for their practice?

- A. By discussing goals with each other during class**
- B. By reflecting on personal goals before or during practice**
- C. By following the instructor's intentions only**
- D. By focusing solely on physical postures**

7. Which muscle is classified as a depression muscle?

- A. Levator Scapulae**
- B. Rhomboids**
- C. Trapezius**
- D. Serratus Anterior**

8. Which of the following best describes "Yama" in yoga ethics?

- A. A set of physical postures**
- B. The ethical precepts of yoga**
- C. A specific breathing technique**
- D. A stage of meditation**

9. What is savasana and its benefits?

- A. A pose that engages the core muscles**
- B. A restorative pose allowing the body to reset**
- C. A dynamic pose that builds heat**
- D. A breathing exercise focusing on long exhalations**

10. In yoga, what does 'Anga' mean?

- A. Half**
- B. Limb**
- C. West**
- D. Upward**

Answers

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

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Explanations

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1. What is the name of the muscle located in the upper leg?

- A. Pectoralis Major
- B. Gastrocnemius
- C. Bicep Femoris**
- D. Erector Spinae

The muscle located in the upper leg is indeed called the Bicep Femoris. This muscle is one of the hamstring group, which is situated at the back of the thigh and plays a crucial role in movements such as bending the knee and extending the hip. The Bicep Femoris is comprised of two parts: the long head and the short head, both working together to facilitate movement and provide stability to the leg. Understanding the function and location of various muscles is essential for yoga teachers, as it allows them to guide students in optimizing their poses and avoiding injuries. The other muscles mentioned, such as Pectoralis Major, which is located in the chest, Gastrocnemius, which is part of the calf muscle, and Erector Spinae, which runs along the spine, are not situated in the upper leg and therefore do not fulfill the requirements of the question.

2. Which muscle is located in the lower leg?

- A. Biceps Brachii
- B. Rectus Abdominus
- C. Erector Spinae
- D. Gastrocnemius**

The gastrocnemius is the correct choice as it is one of the primary muscles located in the lower leg. This muscle is part of the calf and plays an essential role in activities such as walking, running, and jumping by facilitating ankle plantarflexion, which is the movement of pointing the toes downward. Additionally, the gastrocnemius muscle crosses both the knee and ankle joints, contributing not only to leg movement but also to the stabilization of the knee. In contrast, the biceps brachii is located in the upper arm and is responsible for elbow flexion and forearm supination. The rectus abdominus is situated in the abdominal area and functions primarily in flexing the spine. The erector spinae is a group of muscles running along the spine and is crucial for maintaining posture and extending the back. Hence, all of these muscles are unrelated to the region specifically referred to as the lower leg.

3. What does the acronym R.I.C.E. stand for in the context of injury treatment?

- A. Rest, Ice, Compression, Elevate**
- B. Relax, Inspect, Circulate, Elevate**
- C. Rehab, Ice, Compress, Engage**
- D. Restore, Ice, Care, Elevate**

The acronym R.I.C.E. in the context of injury treatment stands for Rest, Ice, Compression, and Elevate. This approach is commonly recommended for managing acute injuries, such as sprains and strains, particularly within the first 48 hours following the injury. Rest refers to stopping the activity that caused the injury and avoiding putting weight or stress on the affected area. This is essential to give the body time to heal and prevent further damage. Ice is applied to reduce swelling and numb pain. The cold constricts blood vessels and can help to lessen inflammation in the initial stages of injury. Compression involves wrapping the injured area with an elastic bandage or similar material. This helps to control swelling and provides support to the injured tissue. Elevation means raising the injured area above the level of the heart. This assists in minimizing swelling and reducing pain as it promotes drainage of fluids from the injury site. Together, these four components create a comprehensive method for initially treating injuries, allowing for optimal healing. The other options presented do not accurately reflect the standard terminology and practices widely used in injury treatment.

4. What is the primary action of the supinator muscle?

- A. Forearm pronation**
- B. Forearm supination**
- C. Trunk flexion**
- D. Leg extension**

The primary action of the supinator muscle is forearm supination. This muscle is located in the forearm and is responsible for rotating the radius outward, which turns the palm of the hand up or forward, depending on the position of the arm. Supination is the opposite of pronation, and it occurs when the forearm is turned so that the thumb points away from the body. Understanding the function of the supinator is important for yoga practitioners and instructors, as it plays a crucial role in many poses that require hand positioning and forearm orientation, such as in balancing poses or during transitions. The supinator works in conjunction with other muscles, such as the biceps brachii, to facilitate this movement effectively.

5. What is a primary goal of practicing yoga regularly?

- A. To achieve maximum flexibility
- B. To deepen spiritual awareness**
- C. To compete in yoga championships
- D. To learn various dance forms

Practicing yoga regularly aims to deepen spiritual awareness, which is a fundamental aspect of the yoga philosophy. Yoga is not solely about physical postures but encompasses a holistic approach that incorporates mental, emotional, and spiritual growth. Through consistent practice, individuals often experience enhanced mindfulness, connection to their inner selves, and a greater understanding of their purpose and values. This deeper spiritual awareness can lead to improved emotional well-being, a sense of peace, and a better connection with others and the world around them. While achieving flexibility can be a benefit of practicing yoga, it is not the primary goal; rather, it is one of many physical improvements that may occur. Competing in yoga championships represents a more external and competitive perspective that is contrary to the essence of yoga, which encourages personal growth and self-awareness. Learning various dance forms is unrelated to yoga practice, as yoga focuses on breath, meditation, and physical postures rather than dance techniques.

6. How can practitioners effectively set intentions for their practice?

- A. By discussing goals with each other during class
- B. By reflecting on personal goals before or during practice**
- C. By following the instructor's intentions only
- D. By focusing solely on physical postures

Setting intentions for a yoga practice is a deeply personal and introspective process that can significantly enhance the experience and benefits of the practice. Reflecting on personal goals before or during practice allows practitioners to connect with their inner selves and understand what they hope to achieve, whether it's emotional healing, physical strength, or mental clarity. This personal reflection creates a meaningful and focused approach to yoga, aligning the practice with their unique needs and aspirations. When practitioners take the time to consider their own intentions, they become more aware of their motivations and the experiences they want to cultivate on the mat. This reflective process fosters a more profound sense of purpose, guiding their practice towards personal growth and self-discovery. As a result, intentions set this way can lead to a more fulfilling and transformative yoga experience. In contrast, discussing goals with others, adhering strictly to an instructor's intentions, or focusing exclusively on physical postures do not encourage the same level of personal connection and self-awareness. While sharing may enhance the community feeling, it can distract from individual reflections. Following an instructor's intentions can lead to a lack of personal ownership in the practice, and concentrating solely on physical postures may overlook the deeper mental and emotional aspects of yoga, which are vital for a holistic practice.

7. Which muscle is classified as a depression muscle?

- A. Levator Scapulae**
- B. Rhomboids**
- C. Trapezius**
- D. Serratus Anterior**

The trapezius muscle plays a significant role in the movement and stabilization of the scapula, and it is involved in various actions such as elevation, retraction, and depression of the shoulder girdle. Specifically, the lower fibers of the trapezius muscle are primarily responsible for depressing the scapula. This muscle also assists in upward rotation, which is essential for full arm elevation, making it a critical muscle for functional shoulder movement. In contrast, other muscles listed, while important for shoulder movement, have different primary functions. The levator scapulae primarily elevates the scapula, the rhomboids retract the scapula, and the serratus anterior is mainly responsible for protraction and stabilization of the scapula against the thoracic wall. Each of these muscles contributes to shoulder movement, but the trapezius is specifically recognized for its role in depression, making it the correct answer in this context.

8. Which of the following best describes "Yama" in yoga ethics?

- A. A set of physical postures**
- B. The ethical precepts of yoga**
- C. A specific breathing technique**
- D. A stage of meditation**

"Yama" refers to the ethical precepts in the philosophy of yoga. It is part of the Eight Limbs of Yoga as outlined by the sage Patanjali in the Yoga Sutras. These ethical guidelines serve as moral principles that govern a practitioner's behavior towards self and others, promoting positive actions and attitudes. The Yamas include concepts such as non-violence (ahimsa), truthfulness (satya), and non-stealing (asteya), among others, and are foundational for cultivating a balanced, harmonious lifestyle that is essential for personal growth and spiritual development. The other options refer to different aspects of yoga practice. Physical postures are associated with "Asana," which is a distinct limb focusing on the physical body. A specific breathing technique aligns with "Pranayama," which involves the regulation of breath. Meditative practices fall under the stages of meditation and are part of other limbs of yoga, but they do not capture the essence of Yama. Understanding Yama is crucial for anyone seeking to teach or deepen their yoga practice, as it emphasizes the importance of ethical conduct in achieving a more profound yogic experience.

9. What is savasana and its benefits?

- A. A pose that engages the core muscles
- B. A restorative pose allowing the body to reset**
- C. A dynamic pose that builds heat
- D. A breathing exercise focusing on long exhalations

Savasana, commonly known as Corpse Pose, is a restorative pose typically practiced at the end of a yoga session. In this pose, you lie flat on your back with arms and legs relaxed, allowing the body to enter a state of deep relaxation. The primary benefit of Savasana is that it encourages the body to reset and recover from physical exertion. It helps to calm the nervous system, reduce stress, and promote a sense of peace and tranquility. In addition to aiding in physical recovery, Savasana provides an opportunity for the mind to assimilate the benefits of the preceding physical practice. By allowing the body and mind to relax completely, practitioners can enhance their overall sense of well-being and cultivate mindfulness. This contrasts with other poses that may focus on physical engagement, dynamic movement, or breathing techniques, which do not specifically target the restorative aspect that Savasana provides.

10. In yoga, what does 'Anga' mean?

- A. Half
- B. Limb**
- C. West
- D. Upward

In the context of yoga, 'Anga' translates to 'limb' or 'part.' This term is commonly used to describe the different components of yoga practices, particularly in relation to the Eight Limbs of Yoga (Ashtanga), which encompass ethical guidelines, physical postures, breath control, sensory withdrawal, concentration, meditation, and ultimately, union with the divine. Each 'anga' is seen as a vital aspect of a holistic approach to yoga, contributing to one's overall spiritual and physical development. Understanding 'anga' as a limb also allows practitioners to recognize that yoga is not simply about the physical postures (asanas) but involves a wider framework that supports the practice's full intention. This broader perspective highlights that each aspect of yoga is interconnected, similar to how limbs work together in a body to function effectively. The other options do not accurately reflect this definition or common usage within the philosophy of yoga.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://200houryogateachertraining.examzify.com>

We wish you the very best on your exam journey. You've got this!

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