

YMCA Yoga Exam Practice Test Questions and Answers

1. What is the primary focus of YMCA yoga instruction?

- A) Advanced acrobatic poses only
- B) Accessible, inclusive practice for all fitness levels
- C) Competitive yoga tournaments
- D) Religious instruction only

2. Which breathing technique is fundamental in yoga practice?

- A) Rapid shallow breathing
- B) Ujjayi (ocean breath)
- C) Holding breath indefinitely
- D) Mouth breathing only

3. What does "Namaste" commonly mean in yoga practice?

- A) "Goodbye and good luck"
- B) "The light in me honors the light in you"
- C) "Please be quiet"
- D) "Time to rest"

4. Which pose is typically used for final relaxation in yoga classes?

- A) Downward Dog
- B) Warrior I
- C) Savasana (Corpse Pose)
- D) Tree Pose

Answers: 1-B 2-B 3-B 4-C

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