

Name _____

Dive into Yoga: A Beginner's Guide to Finding Zen!

Multiple Choice Questions

1. Why is yoga suitable for beginners?
 - a. It requires high-intensity workouts.
 - b. It is gentle on the joints and muscles.
 - c. It focuses on competition.
 - d. It requires a lot of equipment.

2. Which style of yoga is often recommended for beginners?
 - a. Vinyasa
 - b. Kundalini
 - c. Hatha
 - d. Bikram

3. What equipment is essential for starting a yoga practice?
 - a. Yoga mat
 - b. Yoga block and strap
 - c. Dumbbells
 - d. Running shoes

4. What is one of the fundamental principles of yoga?
 - a. Push yourself to the limits
 - b. Ignore discomfort and pain
 - c. Listen to your body
 - d. Compete with others

5. How can yoga be adapted for individuals with limited flexibility?
 - a. By avoiding yoga altogether
 - b. By performing only advanced poses
 - c. By modifying poses to suit their comfort and flexibility
 - d. By attending intense workout classes

