

Name _____

Meditation: The Zen Heart of Yoga

Short Answer

1. Explain the role of mindfulness in yoga meditation and how it enhances the practice.
2. How does breath awareness contribute to the meditative experience in yoga? Provide an example of a breath awareness technique.
3. Describe the purpose of Savasana (Corpse Pose) in yoga practice and its connection to meditation.
4. What are mantras, and how do they support meditation in yoga?
5. Share a personal experience or story about how meditation has benefited your yoga practice or daily life.

