

Name _____

Meditation: The Zen Heart of Yoga

Short Answer Key

1. Mindfulness in yoga meditation involves being fully present in the moment, paying attention to sensations, thoughts, and emotions without judgment. It enhances the practice by deepening awareness, promoting relaxation, and fostering a sense of inner peace.
2. Breath awareness in yoga meditation involves focusing on the breath's rhythm and sensations. An example technique is "counted breaths," where you silently count each inhale and exhale, helping to quiet the mind and create a meditative state.
3. Savasana is a guided relaxation and meditation pose that allows practitioners to release physical and mental tension. It serves the purpose of deep relaxation, promoting mindfulness, and integrating the benefits of meditation into the practice.
4. Mantras are specific sounds, words, or phrases repeated during meditation. They support meditation by providing a focal point for the mind, aiding concentration, and promoting a sense of inner calm and clarity.
5. (Answers will vary based on personal experiences.)

