

name: _____

Check each statement that applies:

Mark Singleton claims that Krishnamacharya's revival of yoga asana

- T arises in part from gymnastic exercises popular in India in his time.
- T often involved performances intended to attract attention.
- T is more of a creative re-invention than in the lineage of Patanjali.
- T represents the refashioning of yoga into a modern fitness regime.
- T may be at variance with Classical Yoga but is spiritual nonetheless.
- T was produced at least in part to please a king.
- T is part of a larger global emphasis on physical culture.

Mark the following statements as true or false:

- T In Kashmir Shaivism, the *tattvas* are a map of consciousness that shows how Paramashiva contracts to become an individual soul.
- F Krishnamacharya's yoga postures are described in detail in an ancient yogic text.
- T In Kashmir Shaivism *maya* is the illusion that the individual human being is separate from supreme Consciousness.
- T In the 1930's in Mysore, India, *suryanamaskar* was taught as a form of exercise, not as a yoga *asana*.
- T This classroom is in your consciousness.
- T Your consciousness is in this classroom.
- F Yoga as a means to physical fitness is a purely western phenomenon.
- T *Citi* means "supreme consciousness".
- T *Citi* is the name of a goddess.
- T In *tantra* there are a wide variety of spiritual practices.
- F In *tantra* the goal is to isolate the soul from the material world.
- T In *tantra* the body can be a means toward spiritual realization.
- T *Tantra* incorporates many teachings from earlier Indian traditions, but reinterprets them in nondual terms.