

Kundalini Yoga Certification Practice Test Questions and Answers

1. What are nadis in Kundalini Yoga anatomy?

- A) Muscles in the spine
- B) Pathways of the circulatory system
- C) Energy channels in the subtle body
- D) Skeletal alignments

2. What is the role of the spine in Kundalini Yoga?

- A) Stores muscle tension
- B) Protects heart chakra
- C) Acts as a channel for Kundalini energy
- D) Connects to leg muscles

3. Which chakra is located at the base of the spine?

- A) Sacral Chakra
- B) Solar Plexus Chakra
- C) Heart Chakra
- D) Root Chakra

4. What is the purpose of a kriya in Kundalini Yoga?

- A) To build muscle mass
- B) To relax the mind only
- C) To achieve a specific energetic or physical effect
- D) To prepare for athletic competition

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

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