

Tantra Practice Test Questions and Answers

1. What is energy?

- A) It is a measure of the strength of an object's gravitational force
- B) Energy is a universal force that is within us and all around us.
- C) Energy is a finite resource that will eventually be depleted
- D) It is the ability to do work

2. Tantra Yoga seeks _____.

- A) Stagnation
- B) Decline
- C) Suppression
- D) Liberation

3. What does tantra yoga include?

- A) Chanting, Hatha yoga, pranayama, ajna chakra, shakti
- B) Chanting, breath work, yoga poses, chakra work, meditation
- C) Chanting, Ashtanga yoga, ida nadi, sahasrara chakra
- D) Chanting, kundalini yoga, anahata chakra, mudras

4. What is the definition of yoga?

- A) A way to connect with others
- B) A technique to use energy and go deeper into yourself
- C) "Oneness" or anything that connects you to yourself
- D) A physical practice of liberation

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

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