

# Yin Yoga Theory Test

## Instructions:

Copy and paste your questions to an email, or document to answer them, and submit to [halilovestudio@gmail.com](mailto:halilovestudio@gmail.com).

1. What is Yin Yoga?
2. What is Qi
3. What is the difference between good and bad pain?
4. How does Yin Yoga differ from other styles of yoga?
5. How do connective tissues play a role in Yin Yoga?
6. How does Yin Yoga work with the mind?
7. What is proprioception?
8. Which Yin Postures help us prepare for a seated meditation?
9. What are the Benefits and Contraindications of Yin Yoga? (In your own words).
10. What is skeletal compression and what are its benefits?
11. What is Fascia and how does Yin Yoga work with it?
12. Tell me why HOT or WARM Yin Yoga classes are not a good idea.
13. What is EFT, how do you think you could work EFT into your Yin Yoga classes?