

Meridian Theory Test

Instructions:

Copy and paste your questions to an email, or document to answer them, and submit to halilovestudio@gmail.com.

1. What are the primary functions of the meridian system?
2. Which meridian connects to the emotion of joy?
3. Which meridian is paired with the Earth Element? What are some sentences you can say about what this meridian governs (in your own words)?
4. Which meridian connects to the emotion of fear?
5. What are some sentence you can say about the Heart Meridian and it's element?
6. What are some sentence you can say about the Metal Element and it's yin and yang meridians?
7. Which median is responsible for housing anger? How could you bring this up in a yoga class?
8. Which element governs our worry and discontent?