THE LEARNING SCOPE ▶ CE Offering • 1 Contact Hour

1. All of the following statements are true about yoga EXCEPT:
   a. It is believed to have originated in India 260 years ago.
   b. Yoga is derived from the Sanskrit word which means to join or unite.
   c. The postures taught in yoga originated in observations made of animals and their movements.
   d. Yoga attempts to join the mind and body or to unite the individual to his or her higher self or the sacred.

2. The following teachers brought yoga to the U.S. in the 1960s EXCEPT:
   a. Yogi Bhajan
   b. Swami Rama
   c. H.H. Sri Swami
   d. Sri Swami Satchidananda
   e. Swami Rama

3. There are many different types of yoga or yogic paths, each with a slightly different emphasis. Which of the following is the emphasis for Raja yoga:
   a. The intellectual
   b. action and selfless service
   c. ethical practices, concentration and meditation
   d. stimulating energy (prana) held at the base of the spine, drawing it up through the spine energizing the entire person

4. Nursing research has shown that patients with the following conditions may benefit from practicing yoga EXCEPT:
   a. pregnancy
   b. spinal shock
   c. wear loose clothing
   d. low back pain
   e. strongly disagree

5. The term “asanas” means:
   a. postures
   b. hand position
   c. deep relaxation
   d. breathing patterns

6. Prior to attending a yoga class, you should do all of the following EXCEPT:
   a. bring a mat
   b. eat a large meal
   c. wear loose clothing
   d. leave all negative or anxiety-producing thoughts or feelings outside the door
   e. agree

7. During the yoga class, you should do all of the following EXCEPT:
   a. observe your self-talk, but try not to judge it
   b. practice with conscious attention and
   c. correct alignment because the instructor will be observing you
   d. all decisions about what asanas to practice
   e. strongly disagree

8. After the yoga class, you should do all of the following EXCEPT:
   a. drink plenty of water
   b. notice changes to your perceptions throughout the day
   c. start having those negative or anxious feelings that you stopped having before class
   d. notice any changes in how you feel about yourself, react to others or think about your daily experiences

9. Ashtanga yoga is considered:
   a. a personalized yoga program given to a student by an experienced teacher
   b. a fast-paced yoga workout that consists of a series of poses performed in the same order
   c. supine or seated yoga poses with the addition of blocks, bolsters and blankets to eliminate unnecessary straining
   d. a type of yoga that focuses on stretching connective tissue instead of muscles

10. Attending yoga classes instead of trying to practice on your own is helpful for all of the following reasons EXCEPT:
    a. it helps keep those who tend to procrastinate on track
    b. it corrects alignment because the instructor will be observing you
    c. all decisions about what asanas to practice will be from the teacher
    d. you will feel comfortable doing your asanas in front of other people

Evaluation

1. I can explain the differences among the various types of yoga.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can discuss three of the major avenues by which yoga came to the U.S.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can discuss the concern that yoga is a religion.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. I can provide information to patients on the efficacy of yoga practice.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

6. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

Understanding Yoga

Earn 1 Contact Hour NOW!

Registration/Answer Form #399

LEARNER FEEDBACK QUESTIONS

1. A B C D E
2. A B C D E
3. A B C D E
4. A B C D E
5. A B C D E
6. A B C D E
7. A B C D E
8. A B C D E
9. A B C D E
10. A B C D

EVALUATION

1. A B C D E
2. A B C D E
3. A B C D E
4. A B C D E
5. A B C D E
6. A B C D E
7. A B C D E
8. A B C D E
9. A B C D E
10. A B C D

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JOB TITLE that best describes your position (fill in just one circle completely)

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☐ Manager/Supervisor
☐ Nursing Administrator
☐ Nursing Faculty
☐ Private Practice
☐ Staff Development
☐ Staff Nurse
☐ Program Director

LPN
☐ Manager/Supervisor
☐ Nursing Administrator
☐ Nursing Faculty
☐ Staff Nurse

PRACTICE SETTING that best describes your setting (fill in just one circle completely)

☐ Ambulatory
☐ Cardiac
☐ Case Management
☐ Critical Care
☐ CPNA
☐ Dermatology
☐ Dialysis
☐ Education
☐ ED/ER
☐ Critical Care/LTC
☐ Gynecology
☐ Home Health
☐ Hospice
☐ ICU
☐ Infection Control
☐ IV Therapy
☐ Managed Care
☐ Maternal/Child
☐ Medical/Surgical
☐ MROD
☐ Nursing Clinical Informatics
☐ Occupational Health
☐ Office
☐ Oncology
☐ OR/PCU
☐ Orthopedics
☐ OTR
☐ Psychiatric
☐ Public Health
☐ Rehab
☐ Research
☐ Sales/Marketing
☐ School Nurse
☐ Student
☐ Subacute
☐ Support Staffing
☐ Travel Nursing
☐ UVM