



## TriYoga® Subtle Anatomy



1. What is the life-force of creation?

2. For an average adult: \_\_\_\_\_ breaths per day;  
\_\_\_\_\_ per hour; \_\_\_\_\_ per minute.



3. In how many ways does Mahā Prāṇa divide itself?

4. List the Pañca Prāṇas.



5. Name the cakra and element corresponding to each prāṇa.

6. Name the bodies that surround the soul.



7. List the names of the sheaths that surround the soul.

8. Describe each sheath in one or two sentences.



9. How many sub-prāṇas are called upa-prāṇas?

10. How many nāḍīs are there?

11. Name the two nāḍīs that correspond with the left and right nostril.



12. Which guṇa corresponds to these two nāḍīs?

13. For each of these two nāḍīs, describe the beginning and ending points.



14. What is the name of the central nāḍī?

15. Name the nāḍīs inside the central nāḍī.





16. Which guṇa corresponds to the central nāḍī and the nāḍīs inside it?



17. Through which nāḍī does kuṇḍalinī travel?

18. Where does this nāḍī begin and end?



19. How many main nāḍīs are there?

20. What is another name for the reservoir of prāṇa?

21. How many cakras are there?



22. List the main cakras.

23. In which nāḍī do the cakras reside?

24. How many finger widths is ājñā cakra from the eyebrow center?



25. What is the color associated with each cakra?

26. What was the original shape of the petals on each cakra?



27. Describe each cakra's positive qualities in one to two words.

28. List ways in which kuṇḍalinī can be awakened.



29. What word is used to describe spontaneously arising haṭha yoga movements?

30. What is the term for haṭha yoga siddhi (inspired from kuṇḍalinī)?



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