

# Breath Teaching Cautions Quiz

1. Why is it important to distinguish between preparatory breath practices and formal *pranayama* techniques?

2. Which practices are safe for beginners? Which are not?

3. What aspect of the breath cycle requires particular experience and skill to safely practice and teach?

4. Describe cautions to be observed during a practice.

5. Describe multiple perspectives from which to consider and teach the topic of breathing and *pranayama*.