

Meditation & Mindfulness Intro Quiz

1. How do the Yoga Sutras define "meditation?"

2. How is the word "meditation" used in common parlance?

3. In what way is meditation a "catchall term"?

4. What is the relationship between yoga and meditation?

5. Give examples to support the perspective that all yoga techniques are preparation for meditation or forms of meditation.

6. Name ten or more styles of meditation.

7. Is yoga meditation different from other styles of meditation and if so, how?

8. How does Pema Chodron define "mindfulness?"

9. Using Chodron's definition, how do mindfulness and meditation relate?

10. What are some daily habits that can lead to increased mindfulness?

11. What are some of Buddhism's traditional teachings on mindfulness?