

# Yoga Sutras Structure & Overview Quiz

1. What is the subject of the Yoga Sutras?

2. The Yoga Sutras are also known as Yoga Darshana. What does this mean?

3. How many sutras are in the Yoga Sutras and how are they structured?

4. What is the name and subject matter of each of the four books?

5. What are the primary topic categories within Book 2, Sadhana Pada?

6. What are the primary topic categories within Book 3, Vibhuti Pada?

7. Does the structure of the Yoga Sutras match the structure of the process it describes?