

Why Yoga Works Quiz

1. Why is it important to learn to regulate the nervous system?

2. What is the primary underlying reason that yoga helps to relieve stress?

3. What are some examples of yoga techniques that trigger the Relaxation Response?

4. What is the relationship between yoga, vagal tone, and relaxation?

5. Describe four additional ways that yoga helps to relieve stress.

6. What has research shown is the effect of *Ujjayi Pranayama* as it relates to stress?

7. What is GABA and how is related to stress, fear and anxiety?

8. What has research shown is the impact of yoga on GABA levels?