

# Chakras Introduction Quiz

1. What is the meaning of the Sanskrit word, *chakra*?

2. What are *chakras*?

3. How many *chakras* are in the human body?

4. What are the functions of *chakras*?

5. Individual *chakras* may be described as having what types of issues?

6. Which *chakras* are described as complementary pairs?

7. *Chakras* are traditionally depicted by what symbol?

8. What is the significance of the number of petals on the *chakra* symbols?

9. As you clarify for yourself your purpose in teaching students about the *chakra* model, what are some considerations?