

# Working with Pain in Yoga Quiz

1. What are three initial considerations related to working with pain in yoga?

2. How can Hatha Yoga help to improve the ability to interpret and evaluate sensation?

3. Describe how to use the breath as a guide in evaluating sensation.

4. What vital awareness can develop from gaining greater skill in evaluating sensation?

5. When pain is high, how might a student begin practice?

6. When experiencing pain, what do we want to identify in order to release?

7. Which *asanas* should be approached with caution or avoided?

8. Why is it recommended to practice in a way that brings relaxation and nervous system balance?

9. Describe how to approach movement when experiencing pain.

10. What does expert Mukunda Stiles suggest regarding stretching and strengthening when experiencing pain?

11. What tools are effective at addressing pain?