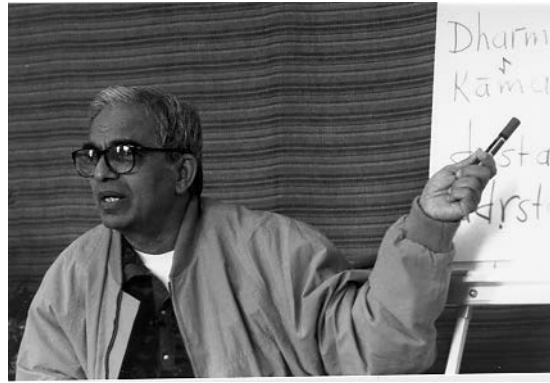


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 10 Theory: The Fourth Aṅga Prāṇāyāma - Pages 133-144

1. **Question on Ananta P133-134**
 - Ananta - Yoga Sūtra II 47
 - Āsana not just for meditation
2. **Definition of Prāṇāyāma P134**
 - Definition - Yoga Sūtra II 49
 - Deśa or place of attention - Yoga Sūtra II 50
3. **Definition of Prāṇa P134-135**
 - Meaning of Prāṇāyāma
 - Meaning of Prāṇa
 - Prāṇa and Puruṣa
4. **Purpose of Prāṇāyāma P135-137**
 - Prāṇa and the individual
 - Concentrating Prāṇa
 - Prāṇa and Kleśa - Yoga Sūtra II 3
 - Reducing Kleśa reduces covering of Avidyā - Yoga Sūtra II 3
 - Reduce covering of Avidyā enhances clarity - Yoga Sūtra II 52
 - Reduce covering of Avidyā enhances focus - Yoga Sūtra II 53

5. Question on Prāṇa P137-138
 - Prāṇa and link to mind
 - Pañca Prāṇa defined
6. Question on Prāṇa and Āsana P138
 - Breathing in Āsana not the same as Prāṇāyāma
7. Question on Prāṇa and the body P139-141
 - Relationship of Prāṇa and Apāna
 - Relationship with Sūrya
8. Question on Inhalation and Mala P141
 - Mala must be expelled
9. Question on Antar Kumbhaka P141-142
 - Mala and Bandha
 - Mūla Bandha and Apāna
 - Flow of Prāṇa like farming - Yoga Sūtra IV 3
 - Inverted Āsana and Apāna
10. Question on Apāna and Mala P142-143
 - Apāna and Udāna
11. Question on Sūrya P143
 - Fire produces heat
12. Question on Prāṇa and Effort P144
 - Facilitating flow of Prāṇa
13. Question on intensity of Sūrya P144
 - Decreasing the fire
14. Question Sūrya and Inhalation P144
 - Surya always there
15. Question on Prāṇa and Mind P144
 - Mind can interfere with flow of Prāṇa