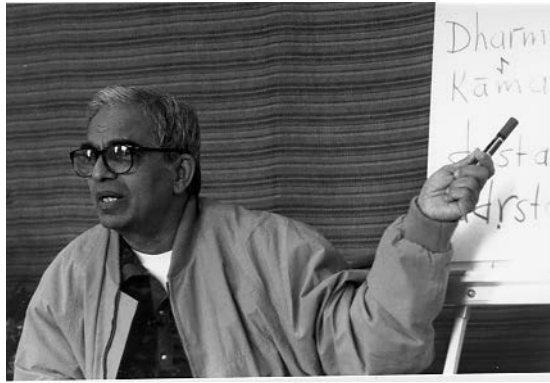


# Religiousness in Yoga - Chapter by Chapter Study Guide



## Chapter 7 Practice: Improvisation in Āsana - Pages 91-106

1. Why Improve P91-92
  - Routine
  - Discovery
  - Concentration
  - Physical Needs
  - Efficiency
  
2. Examples of improvisation P91-98
  - Modify the Form P92-93
  - Modify the Breath P93
  - Modify the Approach P93-95
  - Using Opposite Āsana P95
  - Change the Bhāvana P95-96
  - Modification using props P96-98
  
3. Examples of improvisation P91-98
  - Summary of examples P98

4. Question on varying Breath in Āsana P98-101
  - Free
  - In=Ex
  - 1.0.2.0
  - A.K.
  - B.K.
  - A.K. + B.K.
  - Move on B.K.
  - Move on Exhale
  
5. Question on Random Improvisation P101
  - Don't improvise for sake of improvisation
  
6. Question on Improvisation of Breath P101-103
  - Examples of Improvisation according to student
  
7. Question on Improvisation of Breath P103
  - Āsana and physical discipline or sport
  
8. Question on Improvisation of Breath P104
  - Prāṇāyāma and physical discipline or sport
  
9. Question on Improvisation of Breath P104-106
  - Āsana and stretching exercises
  
10. Question on Improvisation of Breath P106
  - Āsana and excessive stretching