

The written exam is out 100 with 70 being a pass. The topics covered on the quiz and exam may include questions on the following topics:

- Questions on what is yoga
- Questions on the history of yoga eg. when did yoga start, etc
- Questions on the general benefits of yoga
- Questions on what is pranayama and types of pranayama
- Questions on asanas (the 21 we have study only) with respects to
 - Basic step-by-step instructions
 - Contraindications and cautions
 - Modifications and props
 - Physical and mental benefits
 - Challenges
- Questions on the 5 koshas
- Questions on the 7 chakras
- Questions on ayurveda what it is, etc
- Questions on the 3 gunas
- Questions on the yoga sutras
- Questions on mantras
- Questions on mudras
- Questions on the 8 Limbs of Yoga
- Questions on conditions. Pick one of the following conditions and state what it is briefly: high blood pressure, low blood pressure, sciatica, etc.
- Questions on the major muscles in the body
- Question on the major bones in the body