

YOGA

1. What is yoga? Does one have to be a Hindu to practice yoga? [Page 7; V1 11:10-11:50]
2. What is Karma Yoga? [V1 11:51-13:55; V1 46:51-49:58]
3. How are the goals of Hinduism achieved? Why are there multiple spiritual paths within Hinduism? [Page 16; V1 13:56-14:43]
4. What is the 8-fold path of Yoga known as Raja Yoga? [Page 23; V1 14:44-19:15]
5. What is Jnana Yoga? [V1 19:17-24:08]
6. What is Bhakti Yoga? [V1 24:28-34:40]
7. What is Tantra? Why is Tantra so often associated with sex? [Page 24]

Page numbers refer to the page with answer in [“Understanding Hinduism: basic questions answered”](#) by Dr. D. C. Rao

V1 refers to video [Hinduism 101 – Part 1 of 2](#)