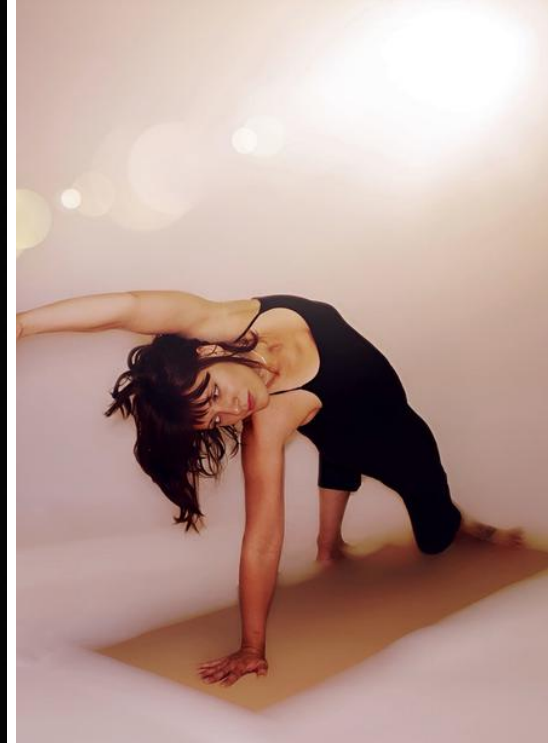
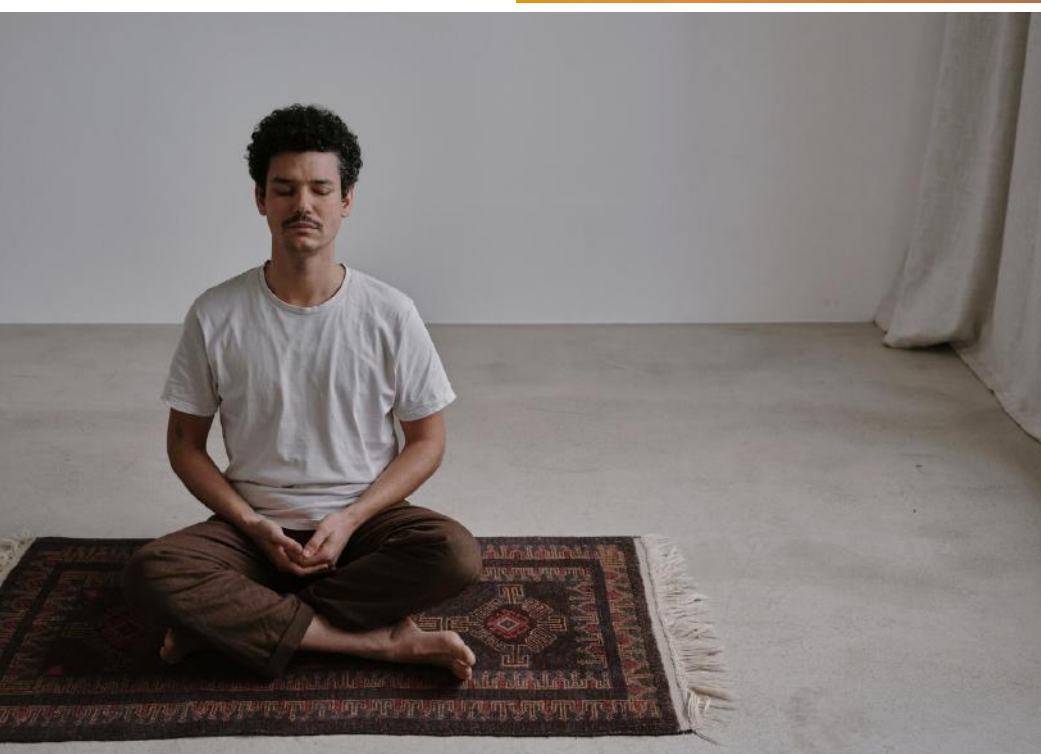
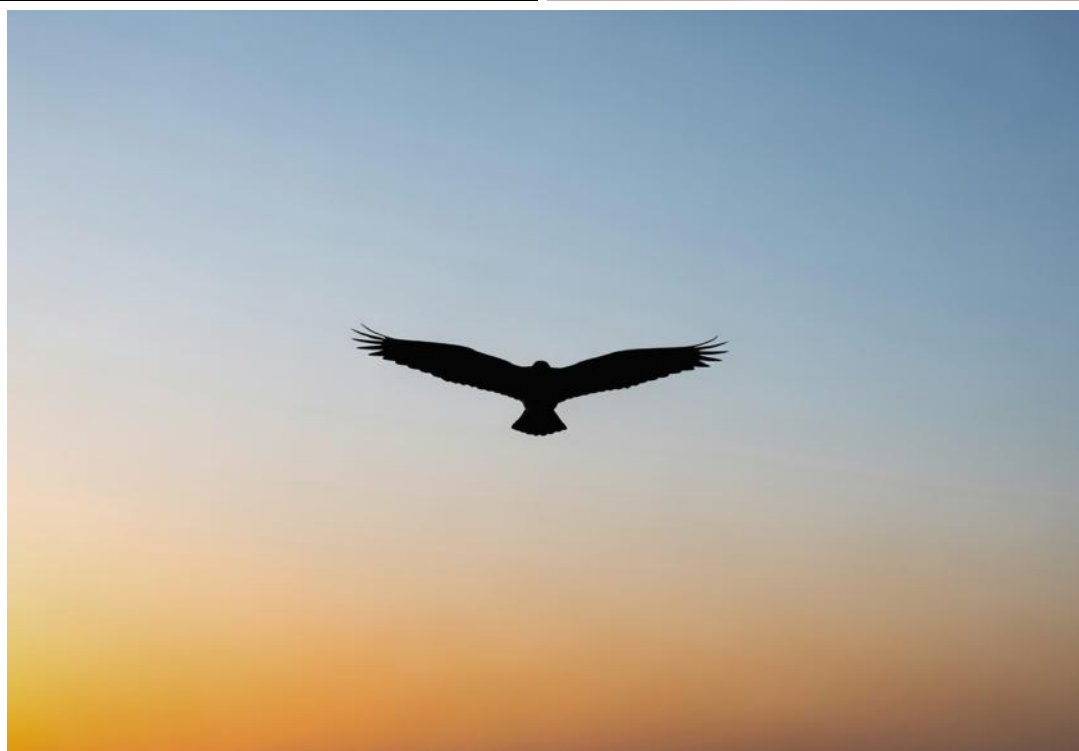




PARAMPARĀ
WARRIOR
EXAM 2026



WARRIOR EXAM INTRODUCTION

The final step of the Paramparā Yoga Mentorship Circle is the Warrior Exam.

This culminating practice was inspired by my undergraduate years at Naropa University, where I participated in many Warrior Exams. Those experiences revealed the examination as a contemplative practice: a way to gather what has been studied, call forth what has been embodied and discover the place where knowledge becomes one's own.

The Warrior Exam carries that formative experience into the living lineage of Paramparā.

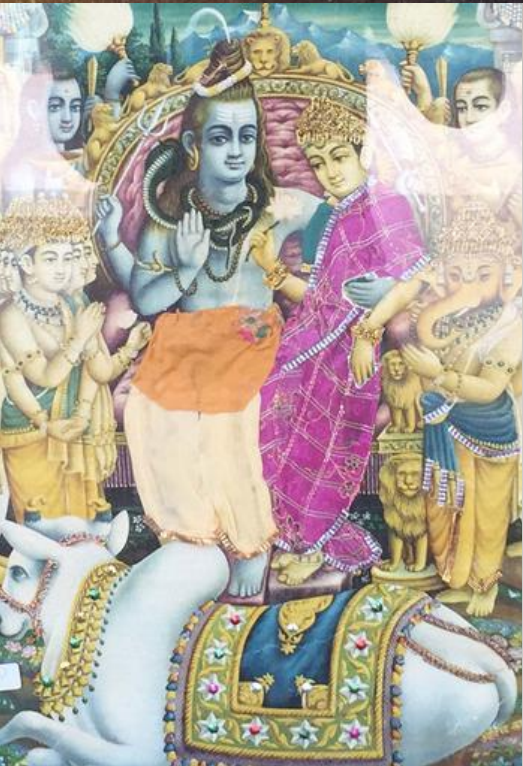
The great mythic wars of the yoga tradition—the battlefield of the *Bhagavad Gītā* and the Goddess's confrontation with the shadow forces of the *Devī Māhātmyam*, for example—depict the inner landscape of the human psyche. Their conflicts arise within us each day: devotion and distraction, courage and avoidance, remembering and forgetting our true nature.

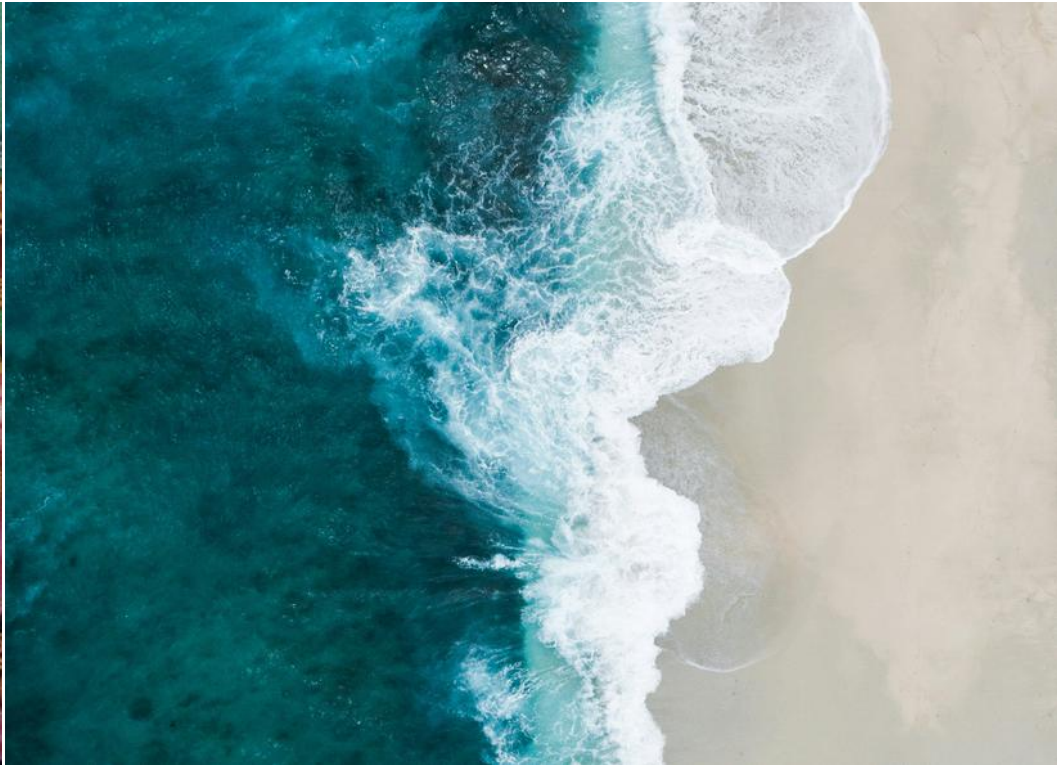
Applied mythology asks you to recognize these battles as they arise. It reminds you that the real war is for your attention. It asks you to consider: What will you allow to shape your mind, direct your energy and determine the way you live?

What is worthy of your attention?

Twenty compound questions have been derived from the teachings of EARTH, MOON, SUN, STARS and the 9 Immersive Yoga Studies. During the Warrior Exam, mentors listen closely, offer prompts and support new teachers as they answer one randomly selected question. Each person draws upon memory, intuition and lived experience, speaking in their own voice and from their own understanding.

The exam is both a final integration and a shared celebration of what you have learned, how you have lived it and who you have become along the way.





WARRIOR EXAM QUESTIONS

(Answers should be in Sanskrit terms when applicable.)

1. What is the basic teachings of the Vedas? What is the teaching of the Upanishads? How do the Upanishads expand the teaching of the Veda? Give examples using at least two Upanishads. Name and explain them.
2. What is Tantra? How does Tantra philosophy and theory expand the teachings of the Veda and Upanishads?
3. What are the yamas and niyamas? Name and explain them. Briefly describe the practical application of each one in everyday life as a yogin and as a Yoga Teacher.
4. What is Prana? What is Spanda? What is their relationship? How may this be addressed within a yoga class...metaphorically? physically?
5. What are the four cores of the Inner Power Yoga system? Explain the Spanda Kriyas in relationship to the four cores.
6. What are the three gunas and what do they have to do with yoga (think about the Samkhya philosophy)?
7. What are the three Ayurvedic doshas and the three vital energies of Ayurveda? Name them, explain them and expound their applicable value for everyday life.
8. Create a yoga āsana class with an apex, rising blast, setting blast, sequencing and Śavāsana considerations.
9. What are the three parts of the Praṇava and which deities govern this sacred sound? How would you teach this in a class?
10. Name five different meditation practices and briefly describe the method/techniques, origins, and benefits of each.

11. Name the seven chakras and how do they relate to Western Psychology?
12. What are the five koshas and how are they interconnected? How do they influence each other?
13. What are the five vayus and how do they act upon the physical body?
14. Name the 8 limbs of Yoga and explain their function in the Raja Yoga system.
15. How does one create neutral pelvis? Teach neutral pelvis in three different asanas.
16. What are four considerations when teaching yoga to expecting mothers?
17. What are four anatomical or spanda considerations for protecting one's neck and shoulders in asana practice?
18. How does PTSD manifest as the three different dosha imbalances? What are three ways to support each? (Consider all five koshas.)
19. Chant and translate the Gāyatrī mantra from Sanskrit to English (word for word). What does it mean to you?
20. Why do you practice yoga? Why do you teach? What is your teaching sankalpa? What is the value of a teaching sankalpa?

Trust what you know and stay curious about what you are discovering. Allow your mentor to support you as you continue to expand your voice and vision. It is a profound honor to share this journey with you and to witness the care, courage and attention you bring to our circle. Thank you for your practice, presence and creativity...and all that you have shared with me and one another. I look forward to celebrating you in the circle.

Sincerely,

A handwritten signature in black ink, appearing to read "Rishi Shakti". The signature is fluid and cursive, with a large, stylized 'R' and 'S'.

