

## 5 – Nervous System

What are the two branches of the nervous system?

- 1)
- 2)

Which of these involuntary sub-systems of the PNS is most activated by practicing yoga?

Sympathetic Nervous System / Parasympathetic Nervous System

What are the three basic functions of the nervous system?

- 1)
- 2)
- 3)

Does heart rate INCREASE or DECREASE with activation of the sympathetic nervous system?

What are endorphins and when are they produced?

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Which part of the brain is used for balance and coordination? \_\_\_\_\_