



A COMP

Read the text below

Yoga, an ancient practice that originated in India, encompasses physical postures, breathing techniques, and meditation, aimed at harmonizing the body, mind, and spirit. The word "yoga" itself means "to unite or join" and has a rich history.

One of the most recognizable aspects of yoga is its physical postures, which range from simple stretches to complex, strength-building poses. Regular practice can improve flexibility, strength, and balance, and reduce the risk of injury. For those with pre-existing conditions, yoga can be adapted to provide gentle movement and relaxation. Beyond its physical benefits, yoga is also a powerful tool for mental and emotional well-being. Techniques like pranayama (breath control) and meditation can help reduce stress, improve focus, and promote a sense of calm. Regular yoga practice has been linked to symptoms of anxiety and depression, and meditation, an integral component of yoga, by cultivating mindfulness and self-awareness. Individuals develop resilience against life's challenges. Yoga also has a profound spiritual dimension. Ancient Indian texts, such as the Bhagavad Gita, outline ethical guidelines, known as the Yamas and Niyamas, which guide practitioners toward a life of harmony and self-discipline. The ultimate goal of yoga is "samadhi," a state of deep meditation where the individual transcends the physical and mental, achieving a sense of unity with the universe.

In recent decades, yoga has gained widespread popularity, with many people incorporating it into their daily routines. Modern adaptations, such as Vinyasa and Hatha yoga, have made the practice more accessible to a wider audience. However, it's important to remember that yoga is not just a physical practice; it's a holistic approach to life.

Yoga's enduring appeal lies in its ability to provide a sense of purpose and meaning. Whether seeking physical fitness, mental clarity, or spiritual growth, yoga offers a path to a more balanced and fulfilling life. As the practice continues to evolve, its core principles remain the same: to unite the body, mind, and spirit, and to foster a sense of harmony and well-being.

NAME: _____



CLASS: _____

YOGA

A COMPREHENSIVE OVERVIEW

READING COMPREHENSION



SECTION 1 - TRUE OR FALSE STATEMENTS

- >>> Yoga originated in India over 5,000 years ago. ☐ ☐
- >>> The word "yoga" comes from the Sanskrit word meaning "separate." ☐ ☐
- >>> Physical postures in yoga are known as "asanas." ☐ ☐
- >>> Regular practice of asanas can only improve flexibility, not strength. ☐ ☐
- >>> Pranayama, or breath control, is a practice that helps reduce stress. ☐ ☐
- >>> Yoga has no impact on cardiovascular health. ☐ ☐
- >>> Meditation is not a component of yoga. ☐ ☐
- >>> The ethical guidelines in yoga include principles like non-violence and truthfulness. ☐ ☐
- >>> The ultimate goal of yoga is achieving a state called "samadhi." ☐ ☐

SECTION 2 - SHORT ANSWER QUESTIONS

- >>> How does the practice of pranayama contribute to mental clarity and focus?

- >>> In what ways can yoga support cardiovascular health?

- >>> What are some modern adaptations of yoga, and how have they made the practice more accessible?

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Chao Zhang



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