



## A COMP

Read the text below

Yoga, an ancient practice that originated in India, encompasses physical postures, breathing exercises, and meditation to harmonize the body, mind, and spirit. The word "yoga" means "to unite or join" and is often used to describe the union of the individual with the universal.

One of the most recognizable aspects of yoga is its physical postures, which range from simple stretches to complex, strength-building poses. Regular practice of these postures can improve flexibility, strength, and balance, and reduce the risk of injury. For those with pre-existing conditions, yoga can be adapted to provide a low-impact workout that still offers the benefits of movement. Beyond its physical benefits, yoga is also a powerful tool for mental and emotional well-being. Techniques like pranayama (breath control) and meditation can calm the mind, reduce stress, and increase self-awareness. Regular yoga practice has been linked to symptoms of anxiety and depression, and meditation, an integral component of yoga, by cultivating mindfulness and self-compassion. 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 and experiences a sense of unity with the universe.

In recent decades, yoga has gained widespread popularity, and modern adaptations have emerged to cater to different fitness levels and preferences. Some practitioners blend yoga with other disciplines, such as Pilates or strength training, to create a more comprehensive fitness routine.

Yoga's enduring appeal lies in its ability to provide a holistic approach to health and well-being. 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 of harmony and self-awareness remain its foundation.

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?

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

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

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**Xiang Xie**



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