



NAME: _____

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A COMP**Read the text below**

Yoga, an ancient practice that originated in ancient physical postures, to harmonize the body, mind, and spirit word "yog," which means to unite or integrate other places.

One of the most recognizable aspects comes from simple stretches & strength, and balance. Regular practice can, and reduces the risk of injury. For a usual tone strength and improve muscle cardiovascular health by lowering blood beyond the physical benefits, yoga is practice of "pranayama," or breath control, promote relaxation. Techniques can calm the mind and increase oxygen. Regular yoga practice has been linked symptoms of anxiety and depression, meditation, an integral component of being. By cultivating mindfulness and individuals develop resilience against proactive responses to life's challenges. Yoga also has a profound spiritual dimension, including such as the eightfold path of guidelines known as the non-violence, truthfulness, and guiding practitioners toward a life of love. The ultimate goal of yoga is to attain the divine, where the soul may become anyone can incorporate into their daily mindful living can help individuals on a deeper level.

In recent decades, yoga has gained cultural contexts. Modern adaptations range levels, with classes available in often-blend traditional practices with inclusive practices.

Yoga's enduring appeal lies in its ability, whether seeing physical fitness value in this ancient practice. As you're finding quality self-care and resilience.

**YOGA****A COMPREHENSIVE OVERVIEW****READING COMPREHENSION****SECTION 1 – TRUE OR FALSE STATEMENTS**

- »»» Yoga originated in India over 5000 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 "samsara."

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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Xiang Xie

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