

# YOGA

## Reading Comprehension

**YOGA**

Yoga is a great activity that strengthens both the body and the mind. It can be enjoyed by anyone, from young children to adults. There are many different types of yoga, each with its own unique goals and techniques. Some types of yoga are designed for relaxation, while others are more active and challenging. Yoga can help improve concentration, reduce stress, and increase overall well-being.

**DEFINITION**

Yoga is a holistic system that combines physical, mental, and spiritual practices. It involves various postures, breathing techniques, and meditation to promote physical health, mental clarity, and spiritual growth. Yoga is often referred to as "the science of living" because it emphasizes the interconnectedness of body, mind, and spirit.

**BENEFITS**

Yoga offers numerous benefits for individuals. It can help reduce stress, improve flexibility, and increase overall well-being. Yoga can also help improve concentration, reduce anxiety, and promote better sleep. Yoga is a great way to stay active and maintain a healthy lifestyle.

**COMMON POSES**

There are many different types of yoga poses. Some are more challenging than others, while others are more relaxing and restorative. These are just a few examples of common yoga poses:

- Downward Dog Pose:** This pose is great for stretching the legs and back. It involves placing the hands on the floor, straightening the legs, and pushing the hips up and back.
- Upward Dog Pose:** This pose is great for stretching the hamstrings and back. It involves placing the hands on the floor, straightening the legs, and pushing the hips up and back.
- Child's Pose:** This pose is great for relaxation and stretching the spine. It involves sitting on the floor with the legs bent and the torso leaning forward.

**YOGA**

Yoga is a great way to stay active and maintain a healthy lifestyle. It can help reduce stress, improve flexibility, and increase overall well-being. Yoga is a great way to stay active and maintain a healthy lifestyle.

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