

# YOGA

Name:

No:

Class:

Listen to the audio, then complete the paragraph. Use the words in the box.

different that and feel body in  
lower good bend poses stronger  
more makes you to made health  
stretch stress breathe

Yoga is a great way \_\_\_\_\_ your \_\_\_\_\_.  
It's also \_\_\_\_\_ for your \_\_\_\_\_.  
Yoga is a type of exercise \_\_\_\_\_ was \_\_\_\_\_ in  
India a long time ago. To do it, \_\_\_\_\_  
and \_\_\_\_\_ your body into \_\_\_\_\_  
\_\_\_\_\_. You stay in each pose for a few moments and  
\_\_\_\_\_ a special way. Yoga  
\_\_\_\_\_ your \_\_\_\_\_, and you  
will \_\_\_\_\_ calmer \_\_\_\_\_  
relaxed.