YOGA DAY
1ST CONDITIONAL



Complete the sentences using the correct form of the verbs in brackets to form the First Conditional.

1. If we _____ (join) the International Yoga Day event, we _____ (learn) new poses.
2. If she _____ (do) breathing exercises, she _____ (feel) calmer.
3. If they _____ (bring) yoga mats to the park, they _____ (be) more comfortable.
4. If he _____ (practice) yoga every morning, he _____ (sleep) better.
5. If the teacher _____ (show) us a new pose, we _____ (try) it.
6. If you _____ (stretch) before yoga, your body _____ (feel) more relaxed.
7. If I _____ (attend) the yoga festival, I _____ (meet) new people.
8. If we _____ (meditate) for ten minutes, we _____ (reduce) stress.
9. If she _____ (wear) comfortable clothes, she _____ (move) more easily.
10. If they _____ (follow) the instructor, they _____ (improve) their balance.
11. If you _____ (practice) the tree pose, you _____ (become) stronger.
12. If the weather _____ (be) sunny, we _____ (practice) yoga outside.
13. If I _____ (drink) water after yoga, I _____ (feel) refreshed.
14. If we _____ (celebrate) International Yoga Day together, we _____ (have) fun.
15. If he _____ (focus) on his breathing, he _____ (relax) faster.
16. If you _____ (invite) your friends to the yoga class, they _____ (enjoy) it.
17. If the gym _____ (organize) a yoga session, people _____ (come).
18. If she _____ (listen) to peaceful music during yoga, she _____ (feel) happy.
19. If we _____ (practice) yoga, we _____ (improve) our wellbeing.
20. If I _____ (start) yoga this year, I _____ (continue) on International Yoga Day next year.

LIVEWORKSHEETS