

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.