

## 12A MAZE Practice

### **Yoga**

Most people know yoga as a kind of exercise which **1.** ( wants , aims , targets ) at developing strength and flexibility. To practice yoga, you learn a series of **2.** ( postures , pastures , pestures ), where you put your body into different positions. The correct breathing is also important. **3.** ( Moreover , Although , However ), yoga is really about more than just exercise. In 2014, the Prime Minister of India, Narendra Modi, asked the United Nations to create an International Day of Yoga, saying that yoga 'is not about exercise but to **4.** ( discover , discovering , discovered ) the sense of oneness with yourself, the world and nature'. He felt that yoga **5.** ( could , could not , could have ) just help people to be healthier but also help connect people to each other and to nature. The United Nations agreed, and International Yoga Day is now celebrated **6.** ( in , around , on ) 21 June.

The history of yoga **7.** ( went , goes , had gone ) back at least 5,000 years, and some people claim it is nearer 10,000 years ago. It **8.** ( was , has , were ) first developed in Northern India and at this stage was a spiritual **9.** ( also , as well as , additionally ) a physical form of exercise, connected with both Hinduism and Buddhism. In the late 19th and early 20th centuries, yoga **10.** ( was introduced , had introduced , introduced ) to the Western world when Swami Vivekananda travelled to the United States to talk about yoga at a **11.** ( consequence , conference , congruence ) in Chicago in 1893. Others followed in the 1920s and 1930s, and by the 1960s yoga **12.** ( become , has become , had become ) a very popular form of exercise in the United States and in Europe. Most people who practice yoga today do not do it for spiritual reasons.