

## **Unit 9 What Yoga Does to Your Body and Brain**

Instructions: Watch the TED-Ed talk and answer the questions below. Use complete sentences where appropriate.

1. What are the three core elements of modern yoga as described by Sudhir?
  
  
  
  
  
  
  
  
  
  
2. Name two physical benefits of practicing yoga mentioned in the video.
  
  
  
  
  
  
  
  
  
  
3. Name two mental or cognitive benefits of yoga that Sudhir discusses.
  
  
  
  
  
  
  
  
  
  
4. How does deep breathing during yoga affect the autonomic nervous system?
  
  
  
  
  
  
  
  
  
  
5. What role does mindfulness or spiritual contemplation play in yoga, according to the talk?

6. Explain briefly how yoga can influence brain structure or function.
7. What evidence or research does Sudhir mention to support yoga's effect on stress or emotion regulation?
8. Describe how yoga may impact attention or concentration.
9. Sudhir warns against viewing yoga as a quick fix. What suggestion does she make instead?
10. In 2–3 sentences: Reflect on how integrating yoga into daily life might benefit students in an academic setting.