

ONLINE EXERCISE 1

LESSON 5 - Health

Listen to the description and origin of YOGA. Answer the questions with **SHORT ANSWERS**.

1. How old is yoga?
2. Where does yoga come from?
3. What kind of diet do yoga teachers recommend?
4. Why do the majority (55%) of the people in the survey practice yoga?
5. Where do the least part of Americans (9%) do yoga?
6. Is yoga popular with children?

