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?





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