Tick TRUE or FALSE against each statement

1. Prostration promotes flexibility and contributes to better TRUE/FALSE

2. The repetitive nature of prostration movements can enhance physical stamina TRUE/FALSE

3. Prostration involves a series of uncontrolled controlled actions TRUE/FALSE

4. The prostration develop sense of awareness and focus. TRUE/FALSE

5. Engaging in prostration may stress level and promotes emotional well-being. TRUE/FALSE

6. The structured nature of prostration practices doesn't requires discipline and concentration. TRUE/FALSE

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