51 VARIOUS LIFESTYLE PRACTICES

There are many lifestyle practices that lead to a better physical and mental health. Read the clues and write which practice or therapy is being described in each of them.

1. Which form of yoga is based on the principle of controlled breathing?
2. This form of therapy uses the sensitivity of the body to colours to identify and correct any imbalances in the body's internal energy patterns. Name the therapy.
3. Which therapy is based on the theory that the improper alignment of the vertebrae and the spinal cord is the cause of diseases and disorders?
4. Which method of treatment uses flower extracts and pleasant smelling botanical oils such as rose, lemon, lavender, and peppermint?
5. Which form of exercise, founded in Germany and popular among dancers and performers, is performed lying down on a machine fitted with springs?
6. Which Japanese form of healing involves the transfer of energy from the practitioner to the patient by laying hands to enhance the body's natural ability to heal itself through the balancing of energy?
7. Which form of therapy uses techniques like finger pressure, stretches, and joint manipulations?
8. This therapy involves the use of magnets to increase energy flow throughtout the body. It is done by making the patient wear a magnetic ring or other jewellery.
9. This therapeutic practice deals with inserting very fine needles into the skin to stimulate specific points in the body. Name this practice.

LIVEWORKSHEETS