

YOGA 9

Yoga is a practice that uses posture and breathing techniques to induce relaxation and improve strength. The word 'Yoga' comes from the Sanskrit word 'yug' which means union. Yoga is not just an exercise, it unites body, mind, emotions and spirit and leads to *moksha* or self-realisation.

Eight Stages of Yoga : The 8 stages in the practice of Yoga that lead to inner perfection are:



1.

Yama

Self Control



2.

Niyama

Religious observance



3.

Asana

Postures



4.

Pranayama

Regulating breathing



5.

Pratyahara

Self restraint



6.

Dharana

Concentration



7.

Dhyana

Meditation



8.

Samadhi

Final stage of knowledge

Write 'T' for True and 'F' for False against the statement.

1. Yoga keeps our body physically strong and improves our flexibility.
2. Yoga is often prescribed to help heal various injuries.
3. Yoga keeps blood flowing evenly, which improves blood circulation and gives healthy and glowing skin.
4. Yoga does not improve our memory and flexibility.
5. Yoga reduces anxiety and stress and helps us to relax.
6. Yoga does not improve the functioning of the immune system.
7. Yoga improves the overall functioning of the body from head to toe.
8. Yoga improves our health, mood and power of concentration.