

MATCH PARTS OF THE STATEMENTS

Match items 1-10 with options A-J. Use each option only once.

Yoga is for everyone!

1. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit ultimately _____.
2. Defining itself as a practical, methodical, and systematic discipline or set of techniques, yoga has the lofty goal of...
3. Since Yogis view the mind, the spirit and the body as one, _____.
4. It helps you become more aware of your body posture, alignment and patterns of movement making the body more flexible and _____.
5. Yoga allows you to face the overwhelming fears, frustrations, and challenges of everyday life with a daily routine of exercise and meditation _____.
6. The extremely important benefits of yoga provide both _____.
7. Yoga can change your physical and mental capacity quickly _____.
8. Many yoga teachers have experienced that people attending _____.
9. No matter how old or how unfit you are, _____.
10. For those of you, however, who cannot _____.



A.	regulating the breath and relaxing the body by gently releasing tension from the large muscle groups.
B.	while preparing the mind and body for long-term health!
C.	helping human beings to become aware of their deepest nature.
D.	the continued practice of yoga will lead you to a sense of peace and well-being.
E.	it is never too late to start practicing yoga.
F.	helping you relax even in the midst of a stress stricken environment.
G.	instant gratification and lasting transformation.
H.	yoga classes often report several health benefits from yoga practice.
I.	put your feet behind your ears, do not get disappointed!
J.	aiming at self-development and self-realization.

Key: 1. J 2. C 3. D 4. F 5. A 6. G 7. B 8. H 9. E 10. I