



## Unseen passage

### Benefits of Yoga

Name/Date-

Date-

**Read the passage below and answer the questions that follow:**

Yoga offers a boon with manifold blessings in the form of physical, mental, and emotional benefits. Beginners practicing yoga feel inspired to add yoga to their routine.

**Physically, yoga strengthens flexibility,** strength, and posture resulting in improved posture and alleviation of common issues like back pain. Beginners may feel excited to learn the involvement of muscles stretching in various asanas (postures) shapes the body more limber and supple. The practice of Yoga involves mindful movement and alignment helpful in preventing injuries and stimulating overall physical well-being which is a heavy inspiring factor for beginners.

**Mentally and emotionally, yoga** is a brain strength enabling cells to reduce stress and enhance mindfulness. People practicing yoga perform controlled breathing, or pranayama, combined with meditation techniques, to soothe the nervous system and to lessen the production of stress hormones like cortisol. This soothing state increases mental clarity and focus. Regular yoga practice in the beginner's schedule instills mindfulness, focus, and deep concentration.

Moreover, yoga is a nectar to those struggling with specific issues such as anxiety, depression, and chronic pain. In many cases, we find it difficult to point out the nervous issues, and practicing yoga helps them breathe out of this mental storm. Yoga helps relieve individuals from anxiety and depression. Physical activity, breath control, and meditative practices cultivate a sense of inner peace and emotional stability. For the sufferers of chronic pain, yoga offers calm, yet effective methods to manage and uproot discomfort. The benefits are endless not only for beginners but all practicing yoga.

Q1. How are mindful movement and alignment involved in yoga?

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Q2. How does Yoga help relieve individuals from anxiety and depression?

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Q3. Why specific asanas are recommended for beginners according to the passage?

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Q4. Find out the words from the passage that mean the same

1. placement-

2. supple-

Q5. Frame a conditional sentence based on the above passage.

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