



## Unseen Passage

### Understanding Yoga: What is it?

Name/Class-

Date-

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

The benevolent practice of Yoga originated over 5,000 years ago in the Indian subcontinent. As per the finding of the term in Hindu philosophy, the word "yoga" is derived from the Sanskrit word "yuj," which means "to yoke" or "to unite." To Unite is to amalgamate the fine balance of mind, body, and spirit to absorb the harmonious integration.

The spread of yoga is colossal and showering the benefits on beginners and individuals. Beginners must understand that yoga is not confined to practicing a few postures but to embracing love for the body. Yoga encircles a comprehensive range of practices that include physical postures that are known as asanas, breathing techniques termed pranayama, and meditation.

Having covered a wide range of posture practices, Yoga centers to promote physical health, mental clarity, and spiritual growth. Yoga is often considered to be cherishing the external wall of the body with stretching and flexibility but it is more of a practice inspired to attain meditative focus and foster mindfulness and self-awareness.

Q1. How is the spread of yoga considered colossal?

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Q2. What are the fruitful blessings of Yoga?

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Q3. How are mindfulness and self-awareness fostered with Yoga?

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Q4. Find out the words from the passage that mean the same and frame meaningful sentences on them.

1. stances-
2. relishing-