

Name \_\_\_\_\_

## What is Yoga?

Yoga is not only **stretching**, it can be more than that. Yoga can be a tradition, an idea or a sport. It can exercise the body, the **mind** or both. For some people yoga is everything.

Yoga is originally from India. Some people think yoga is over 10,000 years old! Today, people can **practise** yoga all over the world. People can practise alone or in groups. Yoga is not in the Olympics, but there are yoga competitions.

When people do yoga, they can do **breathing** exercises, stretching exercises, **strength** exercises, or they can practise **stillness**. Some forms of yoga are very elegant. Every form of yoga is healthy!



### 1 Read and circle the correct option.

1. You can **play** / **be** still when you do yoga.
2. Some forms of yoga are **elegant** / **healthy**.
3. Yoga is originally from **India** / **all over the world**.
4. Some people believe yoga is **10,000** / **1,000** years old.
5. Yoga isn't in **competitions** / **the Olympics**.
6. People can do stretching **ideas** / **exercises** in yoga.

### 2 Read and match.

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1. What can yoga be?                  | A tradition, an idea or a sport. |
| 2. Is yoga in the Olympics?           | Yes, it is.                      |
| 3. Can people do yoga alone?          | No, they can't.                  |
| 4. Is yoga possibly 10,000 years old? | Yes, there are.                  |
| 5. Can people only do yoga in India?  | No, it isn't.                    |
| 6. Are there yoga competitions?       | Yes, they can.                   |

### Guess What!

The word *exercise* can be used as a noun or as a verb.

### Glossary

**stretching:** opening or extending

**mind:** a source of thought and intellect

**practise:** to participate in an activity regularly

**breathing:** taking in air and pushing it out of the body; respiration

**strength:** force or power

**stillness:** without movement