

Yoga



Yoga originally comes from India. It claims to improve health and happiness. Many people think that yoga is just stretching. There is some stretching involved, but yoga is really about creating balance in the body by becoming stronger and more flexible. People that practice Yoga use various **methods** such as breathing techniques and exercise.

There are several different kinds of Yoga. Two of the most common types of Yoga are *Rajayoga* and *Hathayoga*. *Rajayoga* is about exercising the mind. People who do this type of Yoga say it makes them feel relaxed and calm. *Hathayoga* is about exercising the body. People that **take part** in this kind of Yoga say it makes them feel stronger and more flexible.

People have been doing Yoga for over 500 years. Recently, some schools in England have started Yoga lessons for children. About 15 schools in England have lessons from Sunita Poddar. She has been a Yoga teacher for more than 20 years. She hopes that the **kids** will become healthier and calmer. She also hopes that it will help the students concentrate and improve their studies.



1. According to the article, where did people first begin doing Yoga?
 - a) India
 - b) China
 - c) England
 - d) France

2. The word “methods” in paragraph 1 is closest in meaning to:
 - a) ways
 - b) breaths
 - c) movements
 - d) situations

3. The phrase “take part” in paragraph 2 is closest in meaning to:
 - a) stretch
 - b) exercise
 - c) practice
 - d) strengthen

4. According to the article, how long has Sunita Poddar been teaching Yoga?
 - a) for 15 years
 - b) for 20 years
 - c) for 50 years
 - d) for 500 years

5. According to the article, why does Ms. Poddar teach yoga to young people?
 - a) so they can try new things
 - b) so they can lose some weight
 - c) so they can live for 500 years
 - d) so they will be more focused

6. The word “kids” in paragraph 3 could best be replaced by:
 - a) joke
 - b) ridicule
 - c) taunt
 - d) children

Answers: 1. (a) 2. (a) 3. (c) 4. (b) 5. (d) 6. (d)