

Bendy Bodies and Breathing

Learning objective: To understand the basic principles of yoga and its benefits for the body and mind.

Complete the following questions to show what you know about yoga.

Word bank: flexible · strength · balance · focus · relax · asana · pranayama

1. What does the word 'yoga' mean? (1 mark)

2. What is an 'asana' in yoga? (1 mark)

3. How can yoga help you feel? (2 marks)

4. What is the name of the breathing exercise commonly used in yoga? (1 mark)

5. List two benefits of regular yoga practice. (2 marks)

Draw: Draw a simple yoga asana (pose) that you might try at home.



Extension challenge: Research and list five types of yoga that people might practice. Choose one and explain why you might enjoy it.