**Match items 1-10 with options A-J. Use each option only once.**

Yoga is for everyone!

**1.** Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit ultimately

\_\_\_\_\_\_.

**2.** Defining itself as a practical, methodical, and systematic discipline or set of techniques, yoga has the lofty goal of…

**3.** Since Yogis view the mind, the spirit and the body as one, \_\_\_\_\_\_.

**4.** It helps you become more aware of your body posture, alignment and patterns of movement making the body more flexible and \_\_\_\_\_\_.

**5.** Yoga allows you to face the overwhelming fears, frustrations, and challenges of everyday life with a daily routine of exercise and meditation \_\_\_\_\_\_.

**6.** The extremely important benefits of yoga provide both \_\_\_\_\_\_.

**7.** Yoga can change your physical and mental capacity quickly \_\_\_\_\_\_.

**8.** Many yoga teachers have experienced that people attending \_\_\_\_\_\_.

**9.** No matter how old or how unfit you are,\_\_\_\_\_\_.

**10.** For those of you, however, who cannot\_\_\_\_\_\_.

**A.** regulating the breath and relaxing the body by gently releasing tension from the large muscle groups.

**B.** while preparing the mind and body for long-term health!

**C.** helping human beings to become aware of their deepest nature.

**D.** the continued practice of yoga will lead you to a sense of peace and well-being.

**E.** it is never too late to start practicing yoga.

**F.** helping you relax even in the midst of a stress stricken environment.

**G.** instant gratification and lasting transformation.

**H.** yoga classes often report several health benefits from yoga practice.

**I.** put your feet behind your ears, do not get disappointed!

**J.** aiming at self-development and self-realization.

1)........2)........3).........4).......5).......6)........7)........8).........9)........10)..........

από τράπεζα θεμάτων Β’ Λυκείου