

Name \_\_\_\_\_

## Dive into Yoga: A Beginner's Guide to Finding Zen!

### Open-Ended Response Questions

1. Describe the benefits of practicing low-impact exercises like yoga for beginners.
2. Imagine you're a beginner attending your first yoga class. Explain how choosing Hatha yoga as your starting point can benefit you.
3. Share a personal experience or anecdote about starting your own yoga journey as a beginner.
4. How can yoga help individuals reduce stress and anxiety, especially in today's fast-paced world?

