

Name _____

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

Short Answer Key

1. The mind-body connection in yoga emphasizes self-awareness and mindfulness, which can help reduce stress and anxiety.
2. Choosing a suitable yoga class is important for beginners to ensure they receive proper guidance and instruction tailored to their level.
3. Possible answers: Yoga mat, yoga block and strap, comfortable clothing.
4. Beginners can gradually progress in their yoga practice by starting with basic poses and incrementally attempting more advanced ones as they build strength and flexibility.
5. Listening to your body in yoga means paying attention to how poses feel and making modifications or skipping poses that cause discomfort or pain.

