

Name _____

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

Open-Ended Response Answer Key

1. Practicing low-impact exercises like yoga can help beginners improve flexibility, reduce the risk of injury, and enhance mental well-being through mindfulness and relaxation techniques.
2. Hatha yoga is recommended for beginners because it focuses on basic postures and provides a solid foundation for their practice, helping them build strength and flexibility gradually.
3. Personal experiences will vary. Possible responses may include overcoming initial hesitation, feeling more relaxed and centered, or noticing physical improvements.
4. Yoga can help individuals reduce stress and anxiety by promoting relaxation, mindfulness, and the release of tension in the body, allowing for a greater sense of calm and mental clarity.

