

Name \_\_\_\_\_

## The Ancient Art of Yoga: A Journey into Mind and Body Harmony

### Short Answer

1. What does the word "yoga" mean in Sanskrit, and why is it significant in the practice of yoga?
2. How did yoga evolve over the centuries and incorporate elements from different cultures?
3. What was the ultimate goal of yogis in ancient India, and how did they pursue it?
4. Why did yoga gain popularity in the Western world in the mid-20th century?
5. What are some benefits of practicing yoga in the modern world?

