

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Compare and contrast Hatha yoga and Yin yoga. How are they different, and what purposes do they serve?
2. Imagine you are an ancient yogi in India. Describe your daily life and the practices you would engage in to achieve spiritual enlightenment.
3. In what ways can yoga help individuals cope with the stresses of modern life? Provide specific examples and explanations.
4. Reflect on how the practice of yoga can promote physical and mental well-being. Share personal experiences or stories of individuals who have benefited from yoga.

