

Name _____

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

Short Answer Key

1. In Sanskrit, "yoga" means "to unite or join together." This is significant because yoga aims to unite and balance the body, mind, and spirit, creating harmony and union within oneself.
2. Yoga evolved over the centuries by incorporating elements from different cultures and traditions, such as Buddhism and Hinduism. This diversity led to various styles and schools of yoga, each with its unique focus and practices.
3. The ultimate goal of yogis in ancient India was to attain spiritual enlightenment and liberation from the cycle of birth and death, known as "moksha." They pursued this goal through meditation, self-discipline, and withdrawal from society.
4. Yoga gained popularity in the Western world in the mid-20th century, thanks to influential teachers like Swami Vivekananda and Paramahansa Yogananda, who introduced it to a broader audience and emphasized its physical and mental benefits.
5. Yoga in the modern world offers numerous benefits, including stress reduction, improved flexibility, enhanced mental clarity, and a sense of inner peace. It promotes overall well-being by addressing both physical and mental aspects of health.

