

Name _____

Yoga's Magic Touch: How It Benefits Your Physical Health

Short Answer

1. Explain how yoga can improve bone density and why it is essential for overall health.
2. Name one yoga pose that helps improve balance and coordination. How does it achieve this?
3. Describe the significance of having a strong core and how yoga contributes to core strength.
4. How does yoga help in pain management, and which types of pain can it help alleviate?
5. Briefly explain the connection between deep breathing in yoga and stress reduction.

