

Name _____

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

Open-Ended Response Questions

1. Discuss the importance of proper posture and how yoga can help individuals achieve and maintain good posture.
2. Explain how yoga promotes digestion and reduces digestive issues, mentioning specific poses that aid in this process.
3. Describe how yoga can be an effective natural remedy for chronic pain, providing examples of poses that target different types of pain.
4. Reflect on the overall impact of yoga on physical health and well-being, highlighting the interconnected benefits it offers.

