Name _____

Wellness World Adventures

Short Answer

1. Describe one wellness practice Emma learned about in Thailand during her travels.

2. What did Emma learn about the Italian way of life during her exploration of Italy?

3. In India, Emma practiced yoga by the Ganges River. How did her yoga instructor describe the essence of yoga?

4. What did Emma discover in Greece that emphasized the importance of philosophy and knowledge?

5. In Morocco, what did Emma learn from the nomadic tribes she encountered in the Sahara Desert?

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