

Name \_\_\_\_\_

## Wellness World Adventures

### Short Answer Key

1. Answers may vary but could include descriptions of practices such as Thai meditation, traditional Thai massage, or Thai herbal remedies.
2. Answers may include references to the importance of family, community, and savoring moments, as well as embracing local, seasonal produce in Italian cuisine.
3. The yoga instructor described yoga as a journey within, seeking balance and harmony in life through physical postures and mindfulness practices.
4. Emma discovered the importance of philosophy and the pursuit of knowledge in Greece through interviews with locals and philosophers.
5. Emma learned about the importance of community and storytelling from nomadic tribes in the Sahara Desert, emphasizing their traditions and the value of connection.

