

(3)

- (a) S
- (b) M
- (c) S
- (d) S
- (e) M
- (f) S
- (g) S
- (h) S
- (i) S
- (j) T
- (k) S
- (l) C
- (m) M

(4)

I. Thesis:

Practicing yoga regularly can be good for your mind, your body, and your body, and your emotions.

II. Mental benefits:

A. Develops clear thinking.

B. Improves concentration.

III. Physical benefits:

A. Improves blood circulation.

B. Improves digestion.

C. Makes you strong and flexible.

IV. Emotional benefits:

A. Reduces fear, anger, and worry.

B. Helps you feel calm and peaceful.

C. Develops self-confidence.

V. Conclusion:

Therefore, to build mental, physical, and emotional health, consider practicing yoga.