

Class Assignment # 1

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Eng Essay

The Benefits of Yoga

I. Thesis statement:

Practicing yoga regularly can be good for your mind, 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.

3 Label each statement T for thesis statement, M for main idea, S for supporting point, or C for conclusion.

Title: The Benefits of Yoga

- a. **S** Develops clear thinking
- b. **M** Physical benefits
- c. **S** Improves concentration
- d. **S** Reduces fear, anger, and worry
- e. **M** Mental benefits
- f. **S** Improves blood circulation
- g. **S** Improves digestion
- h. **S** Helps you feel calm and peaceful
- i. **S** Develops self-confidence
- j. **T** Practicing yoga regularly can be good for your mind, your body, and your emotions.
- k. **S** Makes you strong and flexible
- l. **C** Therefore, to build mental, physical, and emotional health, consider practicing yoga.
- m. **M** Emotional benefits

4 Arrange the ideas in exercise 3 above into an outline. Compare your finished outline with a partner.

- I.
- II.
 - A.
 - B.
- III.
 - A.
 - B.
 - C.
- IV.
 - A.
 - B.
 - C.
- V.

