

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. (j)
- II. (m)
  - A. (d)
  - B. (h)
- III. (b)
  - A. (f)
  - B. (g)
  - C. (k)
- IV. (e)
  - A. (a)
  - B. (c)
  - C. (i)
- V. (l)

