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## I. Thesis :

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 stronger 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.