(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.