

Assignment # 1

M T W T F S

The Benefits of Yoga

T = Thesis Statement

M = Main idea

S = Supporting point

C = Conclusion

- 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 Improve blood circulation
- g) S Improve digestion
- h) S Helps you feel calm & 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

DATE: _____

M T W T F S

Q1 Arrange ideas in exercise 3 above into an outline.

- 1) Introduction
- 2) "Practicing yoga regularly can be good for your mind, your body, and your emotions."
- 3) Physical Benefits
 - a) Makes you strong and flexible
 - b) Improves blood circulation
 - c) Improves digestion
- 4) Mental Benefits
 - a) Develops clear thinking
 - b) Improves concentration
 - c) Develops self-confidence
- 5) Emotional Benefits
 - a) Reduces fear, anger and worry
 - b) Helps you feel calm and peaceful
- 6) Conclusion

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

x _____ x