

# Assignment # 1

MTWTFSS

## 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

write complete  
outline please

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.

well organized