

3.

- 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.

Arrange the ideas in exercise 3 above into an outline. Compare your finished outline with a partner.

Title: ~~the~~ Benefits of Yoga  
Outline

1. Introduction

Practicing yoga regularly can be good for your mind, your body and your emotions.

2. Mental Benefits

A. Develops clear thinking.

B. Improves concentration.

3. Physical benefits

A. Improves blood circulation.

B. Makes you strong and flexible.

C. Improves digestion.

4. Emotional benefits

A. Reduces fear, anger and worry.

B. Helps you feel calm and peaceful.

C. Develops self-confidence.

5. Conclusion