

## Assignment no: 01

## "The Benefits Of Yoga"

## 1: Thesis Statement:

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

## 2: Outline:

## i Mental Benefits:

- Improve concentration
- Develops clear thinking
- Develops self-confidence

## ii Physical Benefits:

- Improve digestion
- Improve blood circulation
- Makes ~~you~~ strong and flexible

## iii Emotional Benefits:

- Reduces fear, anger and worry.
- Helps ~~you~~ feel calm and peaceful

## 3: Conclusion:

~~Therefore~~ to build mental

Date: 07 / 03 / 20 26

physical  
consider

yoga is best for health and physical  
strength

and emotional health

practising yoga.