

Name _____

National Yoga Month

Answer Key - Correction Marks

Yoga is an Ancient practice with roots that trace back over 5,000 years to the Indus Valley civilization in what is now modern-day India and Pakistan. The word "yoga" comes from the Sanskrit word "yuj," which means to unite or yoke, symbolizing the union of mind, body, and spirit that yoga seeks to achieve. Yoga's origins are intertwined with Hinduism, and it has been deeply influenced by various spiritual, philosophical, and cultural traditions in India.

Throughout its history, yoga has evolved and diversified into numerous schools and styles, each with its unique emphasis and techniques. Classical yoga, as outlined by the sage Patanjali in the Yoga Sutras around 200 CE, is often considered the foundation of modern yoga. It provides a framework for understanding yoga as a path to spiritual growth and self-realization through practices such as meditation, ethical principles, and physical postures (asanas). Over the centuries, yoga was passed down orally and through written texts, and it eventually spread to the West in the late 19th and early 20th centuries, gaining popularity as a system of physical exercise and mental well-being. Today, yoga is practiced worldwide by millions of people for its physical, mental, and spiritual benefits, and it continues to adapt and evolve to meet the needs of contemporary practitioners.

Complete Passage

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