

YOGA

Meaning: Yoga is a physical, mental, and spiritual practice that involves postures, breathing exercises, and meditation to promote flexibility, relaxation, and overall well-being.

1. Practicing yoga regularly can help improve flexibility and reduce stress.
2. Many people find that yoga enhances their overall well-being and mental clarity.
3. She decided to join a yoga class to help her unwind after a long week at work.
4. The serene atmosphere of the studio made the yoga session truly rejuvenating.
5. Yoga combines physical postures, breathing techniques, and meditation for a holistic approach to health.

Source: sentences.whatistheurl.com

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