

READING

A few months ago I started going to a gym. My main purpose was to exercise more and become fitter. My doctor also told me I should probably lose some weight. I enjoyed my time at the gym and I started to lose weight and have more energy. Then one day after about six weeks I saw a sign that read 'Free Beginner Yoga Class - 500 every Tuesday'. I decided to go to a class or two to see if I'd like it.



On the first day I didn't know what to expect. But the teachers, David Jones, were amazing! They were so cheerful and perfect. First of all, she showed us some breathing exercises. We practised concentrating on our breathing, taking very deep breaths and letting the air out slowly. Then David showed us how to do several different exercises. At first I couldn't do some of them. My body just wouldn't move the right way. But I never gave up. After a few weeks, I was able to do most of them.



At the end of each class my body was exhausted. But at the same time my mind felt very calm. I noticed that I could concentrate on my work better after doing yoga. I also began to sleep better. In the past I had difficulty sleeping, but after two months of yoga I didn't have any problems falling asleep at all! I'm not sure how yoga works, but it does. I have even succeeded in getting a couple of my friends to come to class with me!

Read about Kim and her experiences doing yoga. Answer the questions below.

1) What advice did Kim get before joining a gym?

2) Why did Kim take up yoga?

3) What was the first thing Kim learned in her yoga class?

4) What was Kim not able to do at the beginning of the class?

5) What problems did Kim have at first?

Yoga For Beginners Reading Comprehension Prices

C. Edward Wall



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