



ENGLISH TEACHER

# LISTEN & WRITE THE WORDS

## Level B



Please Scan the QR CODE to listen to the audio and learn the answers.

Listen and write the missing words.

Yoga is a/an 1 \_\_\_\_\_ practice from India that combines physical postures, breathing exercises, and 2 \_\_\_\_\_ for overall well-being. The word "yoga" means union, 3 \_\_\_\_\_ harmony between the mind, body, and 4 \_\_\_\_\_. Practitioners perform poses (asanas) to 5 \_\_\_\_\_ flexibility, strength, and balance, coupled with controlled breathing (pranayama) for 6 \_\_\_\_\_. Meditation fosters mental clarity and inner peace. Yoga is accessible to all 7 \_\_\_\_\_ and fitness levels, offering stress 8 \_\_\_\_\_, increased energy, and improved health. It 9 \_\_\_\_\_ a holistic approach to wellness by connecting the 10 \_\_\_\_\_ and mind.

YOUTUBE: Burhan Peynirci

### BONUS QUESTION

Football is a popular sport played worldwide. Two teams compete to score goals by kicking a ball into the 1 \_\_\_\_\_ team's net. Players pass, dribble, and shoot to win. It's an exciting game that brings people together, fostering teamwork and skill 2 \_\_\_\_\_.



YOUTUBE: Burhan Peynirci