

---

## Worksheet: 'Yoga — A Way of Life'

Gujarat State Board · Class 6 · English · 2 questions · 4 marks

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Score: \_\_\_\_\_ / 4

**Q1.** List five health benefits of yoga as described in the chapter. *[2 marks]*

---

---

---

**Q2.** How is yoga different from ordinary exercise? *[2 marks]*

---

---

---