

2. → Yoga Being one with yourself through Yoga.  
→ Yoga is my ideal way of exercising.  
It is generally known that there are three types of ~~parts~~ <sup>exercises</sup>.  
The first kind, muscle work out, enhances your strength in muscles.  
The second, cardio work out, paces your heart beat and prevents the body from <sup>various</sup> kinds of diseases. Lastly, flexibility workout, <sup>as in yoga,</sup> is used to flex our body muscles ~~substantially~~ to tone down <sup>the</sup> stressful areas around our body. Yoga may seem the easiest to do, but it is actually the most effective. <sup>exercise of the</sup> Yoga comes in many ways ranging from different cultures. It mainly consists of stretching and twisting the body to pull and relax the body. It may sound painful and be extremely painful for beginners, but you can see a drastic effect and improvement to your body <sup>after doing yoga.</sup> <sup>Once thought</sup> What was

### 背面可繼續作答

to be stiff, is now relaxed and flexible. Yoga is also not only about flexibility but also a good work out for the muscles as well. After all, all exercise is hard work. Yoga classes can be found in studios where they have ~~professionals~~ professionals as mentors. An appropriate set of clothing is also advisable. Ones that are stretchy and fit are ideal for yoga.

Not everyone likes yoga, because it is considered to be tiring and quite boring. <sup>but</sup> Yoga has a spiritual advantage when it comes to being calm and <sup>doing</sup> meditation. Apart from doing extreme poses that <sup>I</sup> have never imagined myself doing, I get in touch with myself, spiritually, I become calm and relaxed, and I get transported into a land of my own thoughts and imagination. It is the only time where I feel I can explore my thoughts and discover who I am. Living in a developed world, where competition and stress affect ~~my~~ body, I learn to make peace with myself and take different approaches when interacting with other people. Yoga transforms me into a better person physically and mentally. What can be better than that?