

# Paragraph On Yoga In English

## 100 Words

Yoga, originating from ancient India, is a holistic practice that harmonizes the body and mind. It involves gentle movements, breathing exercises, and meditation techniques. Practiced by people of all ages, yoga promotes flexibility, strength, and mental clarity. Its benefits extend beyond physical well-being, aiding in stress reduction and emotional balance. Yoga fosters self-discipline and awareness, instilling a sense of inner peace and contentment. With various types of asana (poses) catering to different needs, yoga offers a customizable approach to health and wellness. Celebrated globally on International Yoga Day, this ancient practice continues to unite individuals in pursuit of holistic living.