



True or False Quiz

Read each statement below. Is each statement true or false?

1. You have to be flexible to practice yoga.
2. You have to be a vegetarian/vegan to practice yoga.
3. Yoga promotes religion.
4. People who are overweight cannot practice yoga.
5. Yoga is inappropriate for senior adults.
6. Yoga is slow.
7. Yoga is not a real workout.
8. Yoga is too difficult for someone who is out of shape.
9. Yoga is easy.

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