



## YOGA & WELLNESS

Discussion Questions from [talkmor.com](http://talkmor.com)

### Key Expressions to Use

<ul style="list-style-type: none"> <li>• I think it's important to...</li> <li>• In my opinion...</li> <li>• It's better to... because...</li> <li>• What about you?</li> </ul>	<ul style="list-style-type: none"> <li>• That's a good idea...</li> <li>• I learned that...</li> <li>• We should...</li> <li>• I choose to...</li> </ul>
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Student A	Student B
<ol style="list-style-type: none"> <li>1. Have you ever tried yoga? What did you think?</li> <li>2. What are the main benefits of practicing yoga?</li> <li>3. Is yoga more physical exercise or mental relaxation?</li> <li>4. Why has yoga become so popular around the world?</li> <li>5. Do you prefer yoga or other types of exercise?</li> <li>6. How can yoga help with stress and anxiety?</li> <li>7. What is the difference between yoga and meditation?</li> <li>8. Should schools teach yoga to students?</li> <li>9. What do you think about yoga influencers on social media?</li> <li>10. Would you like to try yoga more regularly? Why?</li> </ol>	<ol style="list-style-type: none"> <li>1. Is yoga suitable for all ages and fitness levels?</li> <li>2. How does yoga compare to going to the gym?</li> <li>3. Can yoga really improve mental health?</li> <li>4. What are some common misconceptions about yoga?</li> <li>5. How important is breathing in yoga practice?</li> <li>6. Is yoga a spiritual practice or just exercise?</li> <li>7. How has wellness culture changed in recent years?</li> <li>8. Do you think men and women experience yoga differently?</li> <li>9. What other wellness practices do you follow?</li> <li>10. How can busy people include yoga in their daily life?</li> </ol>

### Extra Follow-up Questions

<ul style="list-style-type: none"> <li>• Why?</li> <li>• Tell me more...</li> <li>• What about you?</li> <li>• What about in your country?</li> </ul>	<ul style="list-style-type: none"> <li>• Do you agree?</li> <li>• Have you ever...?</li> <li>• How does it make you feel?</li> <li>• What would you change?</li> </ul>
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### Quick Reflection (optional)

<p><b>After your discussion:</b></p> <ul style="list-style-type: none"> <li>• Would you like to try/start yoga?</li> <li>• One benefit of yoga or wellness you liked</li> <li>• A relaxing activity you enjoy</li> <li>• How you feel after this discussion</li> </ul>
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