WELCOME TO TOPICA NATIVE
Introduction & Class Rules

**Introduce** some following personal information:

1. Your name
2. The place you live
3. Your job
4. Your age
5. Your hobby

**Class rules:**

1. Practice speaking on a topic under the guidance of the teacher
2. Don’t do personal things in the class
Seven reasons why you should try Yoga today

1. What should we do to avoid injuries when practicing yoga?

2. List some benefits of practicing yoga that you know.
1. Do you think it is safe to practice yoga during pregnancy? Why?
2. What is your definition of “peace of mind”?