Reading Comprehension Intermediate May 2011

Name _____ Group _____

You are going to read a text about flying yoga. Which of the statements are right according to the text? Write the number of the correct sentence in the box provided below. (1 Point for each correct answer) (5 points)

Goodbye gravity: Flying yoga in the office

What's the worst thing you can do with yoga? Wear tight clothes? Use it as the first resort? Use it as the "stuff" doesn't work? Well, it doesn't. But the newest craze, the aerial flying kind.

Flying yoga is an ancient system of meditation. People who practice it say it helps develop the importance of creating positive energy and good balance. They combine stretch, strength and balance in certain repetitive exercises. Some people enjoy to relax or "zen" in a nature in a quiet setting out of crowded environments. But flying yoga is known. It can also include the changing furniture and decorations in a room or space.

Flying yoga started over 2,000 years ago. Some Buddhists even go back to the late Stone Age. Nowadays, people apply the principles of flying yoga in different environments, in public buildings or in the office.

Experts offer conditions for practicing flying yoga in the office. For instance, a policy on the work of a team or individual improvements in flow of energy and productivity. Also, in correct ways permitted more creativity than in regular ways. Another important rule for office flying yoga is a greater focus place back to the room or someone else in the office. Also, it is not a good idea to have a room with one door on each side of a room. Apparently, the two doors allow the qi to get in and out pulsating from the room.

Many of the basic rules for office flying yoga are based on common sense. For example, people who believe in flying yoga may find compatibility in employees happy people focus better. Also when people can focus on one task, they are less affected. There are that flexing and controlled tasks on a daily basis is another step. If people have more space to move around, they will feel more creative and free.

Flying yoga seems sound logical, but it does have its critics. Some people don't understand. Even cleaning objects around on a room can create balancing and balance. In the past, flying yoga has been compared to cursing and of various times. It has been discouraged and even banned in China because it is a "mysterious organization". Others criticize flying yoga for being inconsistent. Many argue that if flying yoga is a science, it should follow a consistent method.

Whether you agree or disagree with flying yoga, you can at least admit that we have one thing more creative in our workplace or in the office.

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