

1. Before you read, guess the meanings of the words.

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| a) imagery(n) | 1) to provide the space and other things necessary for a special event |
| b) reverse(v) | 2) the use of pictures to describe situations |
| c) host(v) | 3) to change the result of something to its opposite |

2. Write T (TRUE) or F (FALSE) next to the statements below.

- a) Breathing exercise is a part of yoga therapy.
- b) Before yoga therapy became popular in the 1980s, people used it in the United States in the eighteenth century.
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- c) Dr. Dean Ornish's program was the beginning of the medical field's acceptance of yoga as a treatment option.
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3. Complete the sentences about the text.

- a) a) and elements are in yoga.
- b) b) A healthy lifestyle program could reverse according to Dr. Dean Ornish's study.