## D | Exploring Yoga

Translate the text into Norwegian.
I teach yoga in London, and I would say yoga is for any age and any level of fitness. It's beneficial for all, even children. It is even more beneficial for people who are stiff. The more you do it, the more it begins to open the body. When you get into a position it may feel uncomfortable because the body is stiff. But you breathe and you use the breath to bring the mind into a focused awareness, and you stay with that. Over time the body begins to open and you find that you become more supple and can do things that you never dreamed possible Yoga promotes calmness and brings the mind into a relaxed, focused awareness. It quietens the mind and creates a sense of peacefulness, well-being and harmony. It relieves stress, so a lot of people who are stressed
and say, "Oh, no, I don't have time for yoga!" – they are the people who really need to do it.