



Reasons to do Yoga

(multiple choice, random order)

By Ruth Meili, August 2023

- because everybody else does
- to ease anxiety
- to balance or support other activities
- to meet people
- to pull a date
- I like the teacher
- to practice dying
- to prevent or heal pain and diseases
- out of boredom
- to escape from other tasks
- to increase flexibility
- to feel more energetic
- to find peace of mind
- to find spiritual guidance
- I like the Indian mythology
- to look better
- to relax
- my partner wants me to
- to watch pretty butts
- to sleep better
- to strengthen the body
- others:

Note 1: all answers are right.

Note 2: questionnaire is designed for self-use. Not applicable for others.