

Name \_\_\_\_\_

Roll No. \_\_\_\_\_

**SA-II****CLASS-VIII**

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**WORKSHEET**

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**ENGLISH**

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**12 NOVEMBER – 17 NOVEMBER**

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**LETTER FORMATE**

Letter to cousin telling him/her about the benefits of Yoga.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ (Self address)

\_\_\_\_\_ (date)

Dear \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Yours \_\_\_\_\_

\_\_\_\_\_ (name)

*Hint* : It is not good to be a bookworm all the times.

- Should not neglect health.
- Should spare time for physical exercises.
- Yoga is the best way to keep our body fit.
- energises, makes body flexible, keeps free from diseases like High Blood Pressure, Arthrities, asthma.
- Helps to lead stress free life.
- Easy and can be done at home.

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