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Yoga

The aim of this lesson is to make the students use the key vocabulary and target expressions in a more natural manner.

Language Point

<p>That would be awkward.</p>	<ul style="list-style-type: none"> - That would be uncomfortable. - That would be embarrassing. - I would feel uneasy. 	
<p>I prefer “Upward Man Pose.”</p>	<ul style="list-style-type: none"> - I like “Upward Man Pose” better. - I would rather do “Upward Man Pose.” - I would go for “Upward Man Pose.” 	
<p>Those would be my favorite.</p>	<ul style="list-style-type: none"> - Those would be my cup of tea. - Those would be my thing. - I would be good at those. 	

Key vocabulary

extend	outfit	awkward	bend forward
loose	on all fours	prefer	definitely

Part 1

I. INTRODUCTION

Yoga is an exercise that promotes physical, mental and spiritual health. It involves **breathing techniques, posture strengthening exercises, meditation and relaxation strategies** that boost a person’s total well-being.



II. PRESENTATION

A. Expressions

	Questions:
That would be awkward.	<ul style="list-style-type: none">▪ Would you feel uncomfortable doing yoga with men (or women)?
I prefer “Upward Man Pose.”	<ul style="list-style-type: none">▪ Do you prefer an easy exercise or a complex one?
Those would be my favorite.	<ul style="list-style-type: none">▪ What do you do to keep fit?

B. Dialogue

Practice the dialogue with your teacher.

Brenda: Do you want to join me for a yoga class later?

Liam: I've never tried it. Don't I need special pants and a mat or something?

Brenda: They have mats at the studio, and you don't need a designer outfit, just wear something comfortable.

Liam: Will I be the only man in the class? That would be awkward.

Brenda: No, there are always men in the class. Mostly women but there will definitely be men there.

Liam: But I don't know any of the positions.

Brenda: I can teach you some now. Come over here – bend forward, touching the floor, support your weight with your hands and extend your feet back so you're on all fours. This is called, "Downward Dog Pose."

Liam: I prefer "Upward Man Pose."

Brenda: Ha-ha! Yoga is good for you. It stretches all of your key muscles and keeps you feeling loose. Now stand up straight, lift your right leg and put your foot against your left leg above the knee. Arms up, hands in the air. Reaching towards the sky. This is called "Tree Pose."

Liam: Aren't there any lying down poses? Those would be my favorite.

Q & A!



- Is yoga good exercise for all ages?
- In your opinion, in what ways are the mind and body connected?
- How can one live a stress-free life?

Part 2

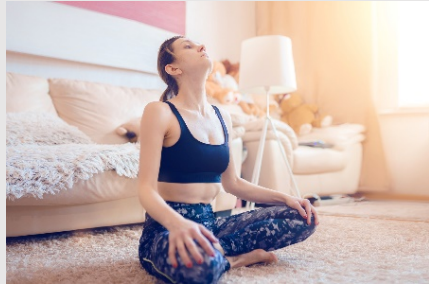
III. PRACTICE

Use the newly learned vocabulary and expressions in the following practice exercises.


A. Simple Yoga.

Try the following exercises modeled in the photos below.

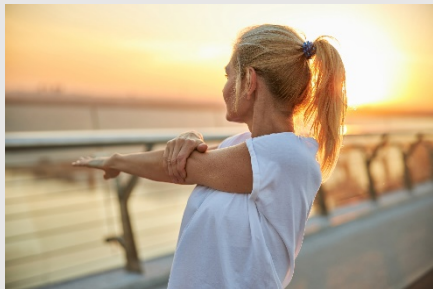
1. Neck Stretch



2. Triceps Stretch



3. Shoulder Stretch



B. Let's Talk!

Directions: Explain why you agree or disagree with the statements below.

Yoga classes should be introduced to students from elementary school to college



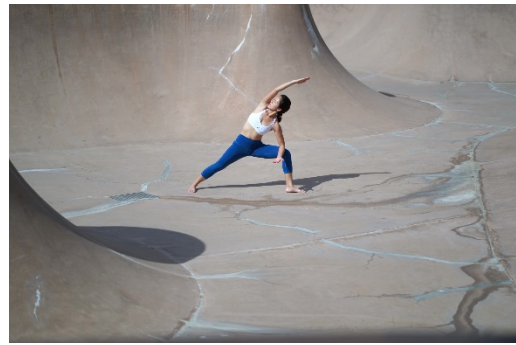
Yoga is only for weird people.



Yoga seems awfully boring.

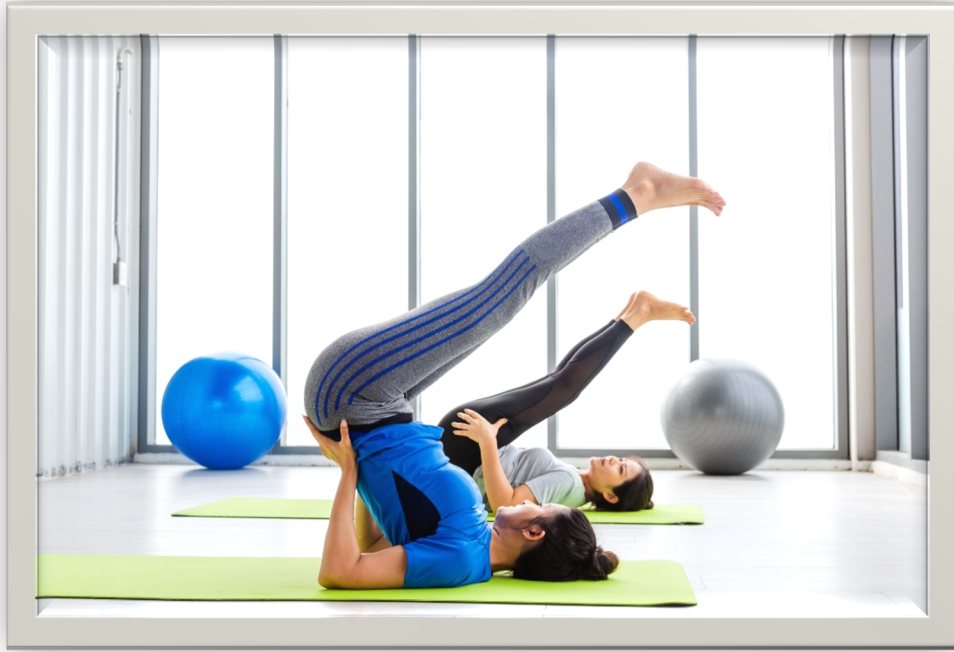


Other sports are better than yoga.



C. Role-Play

Role-Play



Ask your friend to join you for a yoga class this weekend.
Convince him/her that yoga is necessary
for his/her mental and emotional well-being.

Use the vocabulary and expressions you have learned.