Narrator: University life is not all work and no play, it's about having fun too and today Mary needs some persuading to let her hair down, you know, relax and enjoy herself with some extracurricular activities. And someone who know most about doing that is her roommate Abi.

Abi: Still studying? You look glued to that desk.

Mary: Yes, I think I am. I am just writing up my notes and then I’ve got to read Professor’s new book.

Abi: Blah Blah Blah. I don't know what you are saying. It really is time to chillax, have a break, come on, you are coming with me.

Mary: Phew, it's hot in here. Oh, hello Professor.

Abi: This’s Bikram yoga. It keeps you fit and helps you lose weight, and that guy over there is quite fit too.

Sharon: I’ve lost a kilo in a month.

Professor: Yes, it improve your mind too.

Yoga Teacher: Welcome everyone, let's begin. Just follow me, first of all, stand straight and breathe deeply, in, out, hold it here. Next, stretch your arm out, then slowly bend to touch your toes.

Professor: Oh, on, I seemed to have pulled something in my back. Sharon, could you give me a hand?

Sharon: You've gone a funny colour. Oh, he is so heavy. Abi, could you give me a hand. Mary, could you call for help?

Mary: Yes, of course, what should I do?

Narrator: You need to call the medical center and tell them there’s an emergency. Explain what's happened and ask for someone to come and help as soon as possible. Go on, get calling.

Mary: Hello, is that medical center? We have an emergency in the yoga class, in the sports hall. Professor has hurt his back and he needs help. He bent over and couldn't stand up.

Professor: When are they coming?

Mary: How long do you think you’ll be? Please could you come as soon as possible?

Sharon: Ask them what should we do before they come here.

Mary: OK. Is there anything we can do before you arrive. I'll do that, thanks, bye.

Sharon: What did they say?

Mary: They said “chill out”. Whatever that means?

Narrator: Goodness, what a drama! It looks like Professor’s unwind has gone too far, but luckily, help is on its way.

Sharon: You hold his feed and I hold his head and we’ll get him into the ambulance.

Daniel: Hello, do you need a help? What's going on here? Why are you all sweaty?

Sharon: Professor bent over too far.

Mary: In yoga class, he hurt his back.

Daniel: Yoga, it's for girl, isn't it?

Mary: Abi, do you know that, I’ve really enjoyed myself today.

Abi: Good, felling more relaxed, I hope. So are you going to join the yoga club then?

Mary: Definitely.

Daniel: How much it is to join?