

# Yoga

SPEAKING

LEVEL  
Advanced

NUMBER  
C1\_3064S\_EN

LANGUAGE  
English



lingoda

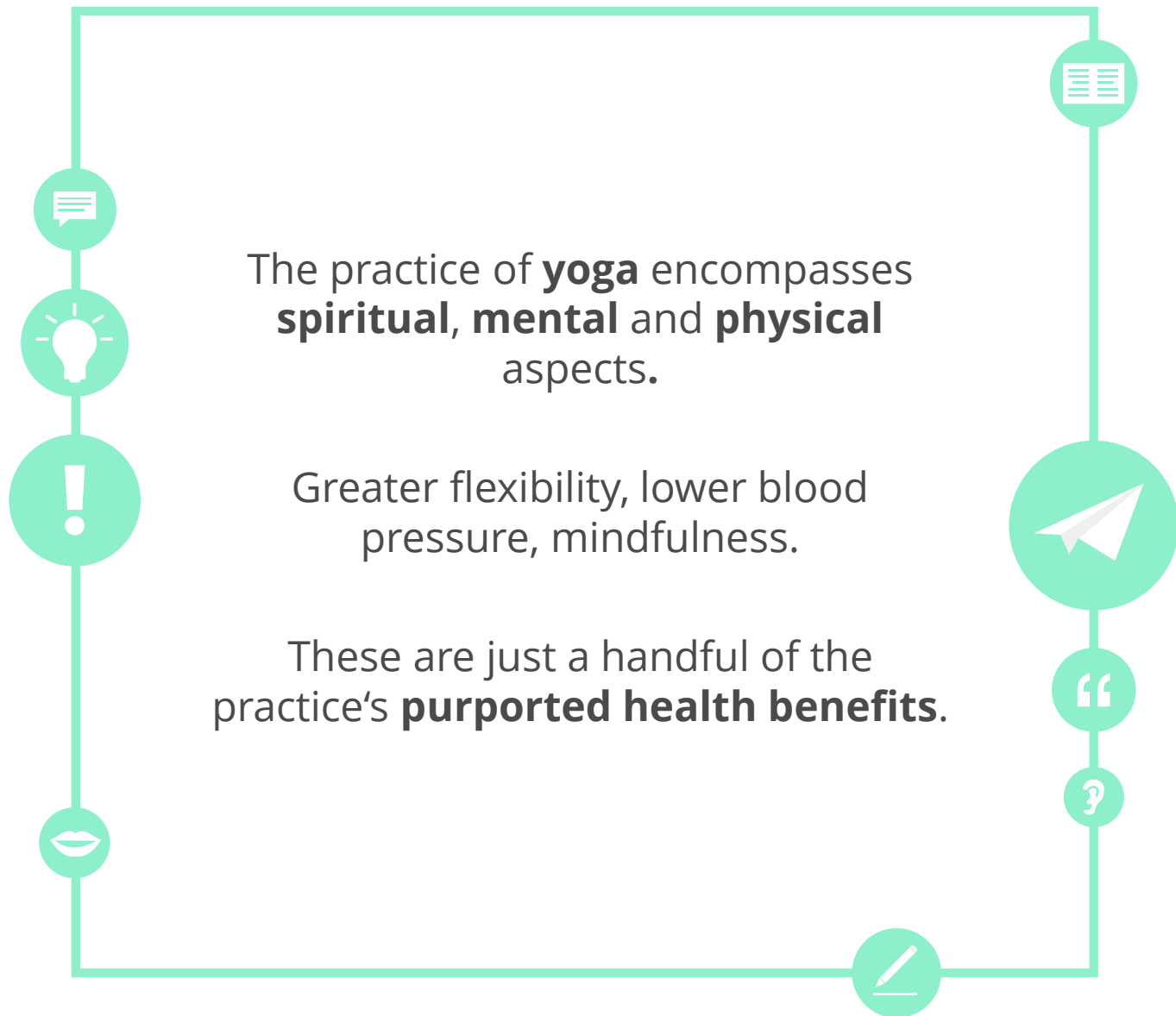




## Goals

- Can read, listen to and understand an in-depth text on the topic of yoga.
- Can explain the potential health aspects of yoga and share my own views as part of an extended discussion.



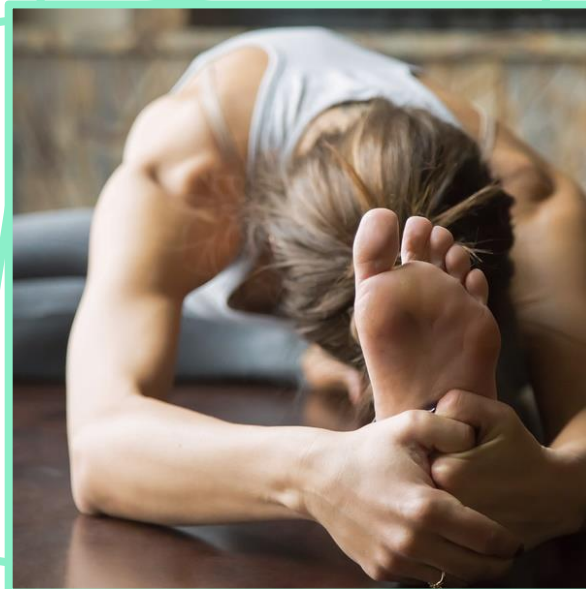




## Yoga

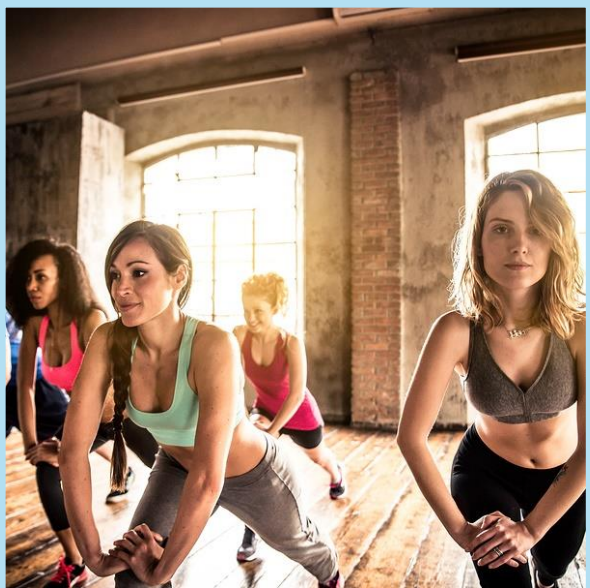
Have you ever practised or  
watched someone else do yoga?

Tell your teacher about your  
experience.





## Yoga



Since the 1980s, yoga has exploded in popularity across the world.

Why do you think it is so popular?



## Reasons

What are some reasons why a person might practise yoga?

Talk to the teacher.



Health?



Spirituality?



## Yoga



Yoga is a mental, physical and spiritual practice which has **exploded in popularity** in the West in recent decades. Originating in ancient India, yoga has historical links to Hinduism and Buddhism. Yoga is a broad concept, meaning different things to different people – some use it as a form of low-impact exercise, holding stretches and practising breathing exercises in a therapeutic way. Practitioners in Indian tradition view yoga as more than simply physical exercise however – it is a meditative and spiritual practice which **encompasses insight**, tranquillity, and serves as a path to **enlightenment**.



## Yoga

Yoga is widely believed to provide a range of health benefits to its practitioners, being said to reduce stress, improve flexibility and strengthen the body. It is also said to reduce lower back pain. Despite extensive research, there is little evidence that proves yoga's much **vaunted** health benefits. On the contrary, yoga can cause injury to the **uninitiated** or those who practise with **unqualified** instructors. Torn muscles, spinal damage and back injuries are risks for those who overestimate their capabilities. Most experts recommend yoga, and cite increased mental awareness and core strength as beneficial, assuming the instructor is a **thoroughly**-trained professional.

The origins and early development of yoga are still vague – the only **consensus** is that it developed in ancient India and was practised for thousands of years before any formal records were made of its development. Yoga is referenced in many of the early Sutras, the foundational texts of Hindu philosophy.





## New words

**to encompass**

Our nation **encompasses** a range of different cultures and beliefs.

**insight**

I value these articles for their wisdom and **insight**.

**enlightenment**

Buddha is said to have reached **enlightenment** under a fig tree.

**uninitiated**

The **uninitiated** monks were led into their sleeping chambers.



## New words

**unqualified**

He had a great attitude but was ultimately **unqualified** for the position.

**consensus**

There is a growing **consensus** that technology is changing how we think.

**thoroughly**

I **thoroughly** enjoyed myself last night.

**to vaunt**

To speak proudly about something or praise it, even boast about it. The adjective is **vaunted**.



## Categorise and discuss

**Categorise the reasons why yoga has grown so much in popularity.  
Discuss your choices with the teacher.**

Low cost of entry

Trendiness

It is easy to start

Flexible styles and approaches

Media attention

Lack of health risks involved

Awareness through popular culture

Its non-competitive nature

Celebrity endorsement

Health and fitness benefits

Reaction to fast pace of modern life

Therapeutic aspects

Likely

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Unlikely

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Answer the questions in relation to the quote below

**“Despite extensive research, there is little evidence that proves yoga’s much vaunted health benefits.”**



1

Why might proof of the health benefits of yoga still be elusive?

2

Why does yoga hold such a healthy reputation?

3

What are some ways to minimise risks of injury while practising yoga?

## enlightenment

Reaching a state of intellectual or spiritual transcendence is also known as reaching **enlightenment**.



Many practitioners of Buddhist principles are on the path to **enlightenment**..



## Stakeholders

**Discuss the reasons why the people below practise yoga. Are they all valid reasons? Why (not)?**

My social media following really spiked when I started uploading selfies of my yoga poses.



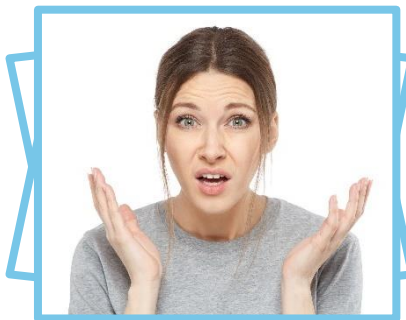
**Marlene**



**Martin**

I don't like going to the gym. Yoga is a great way to get a beach body ready for summer!

It's a great way to have a break from sitting in my office chair all day.



**Frankie**



**Chris**

I find my levels of energy, concentration and mood all lifted when I managed to fit in a session of yoga.



## Yoga in pop culture

**How is yoga  
generally  
presented in  
pop culture?**



Seriousness?



Satire?



## Get ready to listen



The next few slides will focus on  
training your listening comprehension





## Listening activity

**As you listen to your teacher read, note down answers to the following questions.**

1. Name one reason the text gives for the rise in yoga's popularity in the last few decades.
2. What has been happening to yoga since the 1980s?
3. Where are you likely to find articles about yoga?
4. What does the text mention about the portrayal of yoga in popular culture?
5. What questions does 'yoga fashion' raise?



## New words

**sedentary**

**Sedentary** is an adjective which means involving too little exercise, or not enough movement.

**to commodify**

When something is **commodified**, it is treated as a **commodity**, its primary importance being something to be bought and sold.

**to extol**

When something is **extolled**, it is praised extensively.

**fad**

A **fad** is a synonym for a trend, or something which is in style and hugely popular for a period of time, usually a short amount of time.



## New words

yogi

**Yogi** are people who devote time to practising and studying yoga.

contradictory

When something is **contradictory**, it contains facts in opposition with one another.

guru

A person who is knowledgeable about or experienced in something, teaches or gives advice.

introspective

The act of looking in at oneself, examining and making an effort to understand one's feelings and thoughts.



# History of yoga

**Summarise each point below.  
Talk to your teacher about the history of yoga.**



1

The original focus and beginnings of yoga

2

How yoga changed after being introduced to the western world

3

The status of yoga today



## True or false?

	TRUE	FALSE
1. Yoga originated in ancient China and later spread westward.	<input type="checkbox"/>	<input type="checkbox"/>
2. Yoga is primarily a physical practice.	<input type="checkbox"/>	<input type="checkbox"/>
3. Yoga has historical links to Hinduism and Islam.	<input type="checkbox"/>	<input type="checkbox"/>
4. Yoga has become increasingly commodified in recent decades.	<input type="checkbox"/>	<input type="checkbox"/>
5. Many now view yoga as a fitness fad.	<input type="checkbox"/>	<input type="checkbox"/>
6. Most people learn yoga from a guru.	<input type="checkbox"/>	<input type="checkbox"/>

## parody

Parody imitates the characteristics or style of a person, piece of work or thing for comic effect or ridicule.



The film **parodied** the thriller genre.



## Parody

**Having entered the mainstream and become more and more commercialised, yoga is increasingly being viewed with humour. Thinking about this, answer the questions below.**



1

Have you seen any examples of parody of yoga or yoga teachers?

2

Did you find it entertaining? Do you find parodies in general entertaining? Why (not)?

3

What exactly do you think makes yoga a target for parody and humour of this kind?



## Contradictions

**“‘Yoga fashion’ does raise questions about the mentality and reasons why many practise yoga in the first place.”**  
**Talk to the teacher about the contradictions in modern approaches to yoga. What is your opinion on all of this?**



‘Yoga selfies’ – the export of an introspective practice on social media platforms.

‘Yoga glamour’ – the majority of marketing and images portraying yogis as slim, young, attractive women.

‘Yoga fashion’ – branded yoga pants and yoga mats worth hundreds of dollars.





## Talk

Yoga

What aspects of yoga appeal to you?

Would you be interested in trying or continuing it in the future?

"I find the links between yoga and levels of concentration very interesting. It seems like an effective way of forging links between the mind and body".



## Reflect on the lesson

Take a moment to review any new **vocabulary, phrases, language structures** or **grammar points** you have come across for the first time in this lesson.

Review them with your teacher one more time to make sure you don't forget!





## Answer key

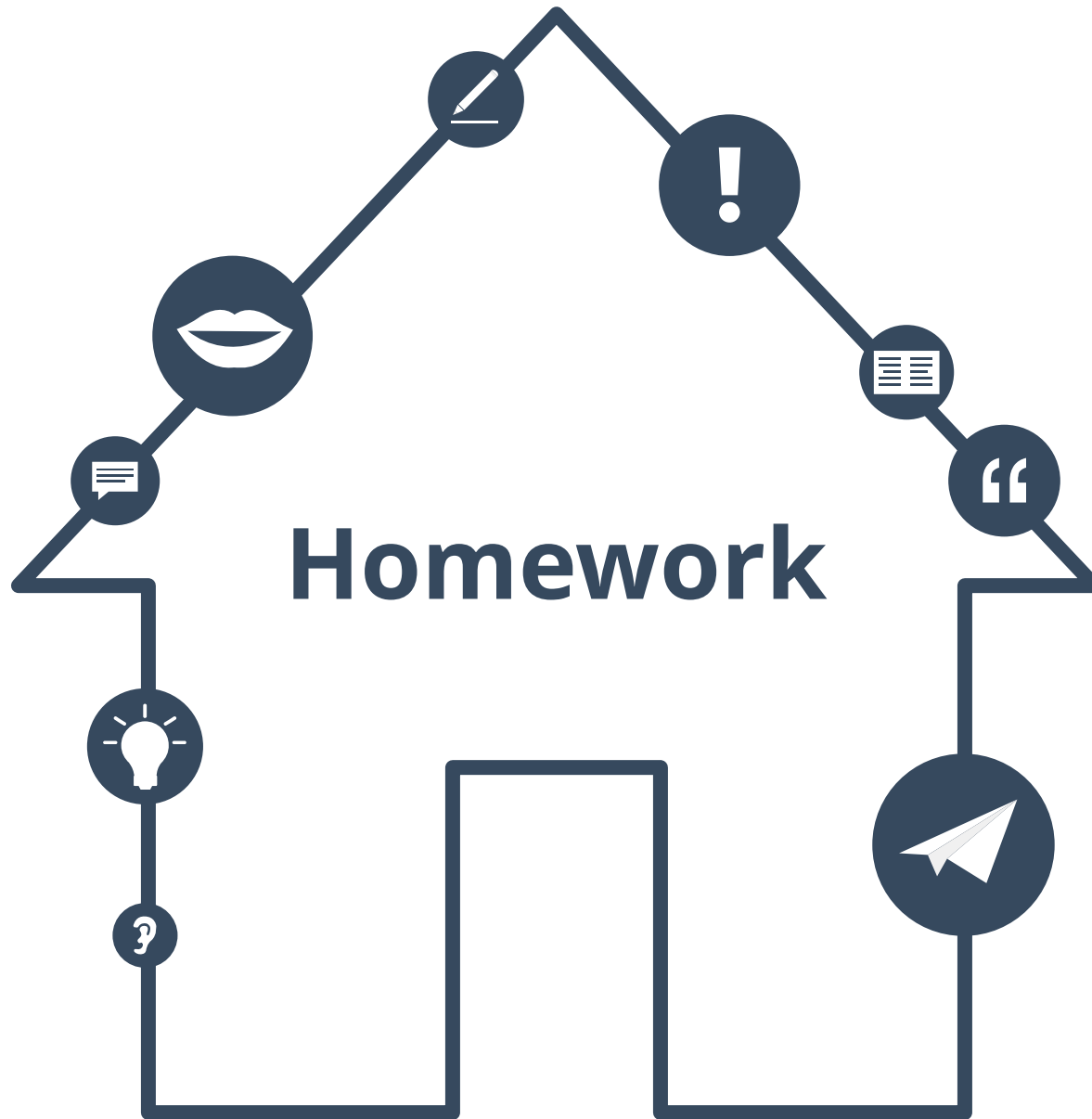
**Exercise p. 21**  
1. F  
2. F  
3. F  
4. T  
5. T  
6. F



## Transcription

Yoga has become a modern phenomenon in the last few decades, partly in response to the rise in **sedentary** lifestyles. Particularly in the US, yoga has become increasingly **commodified**. Rather than learning the practice from a **guru**, yoga can be practised at a gym or exercise facility. In the 1980s, many celebrities began to **extol** the virtues of yoga practice. Many view the practice as a fitness **fad**, its seriousness becoming diluted as a result of its contact with commercialisation.

Lycra-clad instructors and hordes of young attractive **yogis** sporting flamboyant clothes are a regular sight on social media feeds. Articles about yoga are just as likely to be found in the Fashion and Style section of a newspaper as they are in the section on Health and Lifestyle. In popular culture, yoga practitioners are often portrayed with humour, highlighting the contradictions of many modern practitioners. 'Yoga fashion' does raise questions about the mentality and reasons why many practise yoga in the first place – is the idea of taking a selfie **contradictory** to the **introspective** nature of yoga practice? Many appear to think so.





## New vocabulary

**Update your list of favourite words with some vocabulary from this lesson.**





## Writing activity

**Write about one of the topics below.**

Yoga has exploded in popularity in recent years.

Yoga is not without its risks.

Yoga's spiritual traditions are linked closely with Hinduism and Buddhism

Meditating and yoga practice are great ways to practise mindfulness

Yoga is a great way to stay healthy and mentally fit

Modern yoga is riddled with contradictions



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