

7 REASONS WHY YOU SHOULD TRY YOGA TODAY

CLASS INTRODUCTION

In turn introduce yourself using the following information:

- ✓ Name
- ✓ Age
- ✓ Job
- ✓ Address
- ✓ Hobby

Class Rules

1. Use English only
2. Practice speaking on a topic under the guidance of the teacher
3. Don't do personal things in the class



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Technical support



Use headphones



No speaker

1. Vocabulary game: How good or bad are these things for the mind and body?

Complete this table with the teacher.

	Good things	Bad things	Your experience
Yoga			
Hiking			
Shopping			
Praying			
Jogging			
Golf			

2. What do most people do to keep fit in your country? What do you do to stay healthy?



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3. Discuss the following questions with your partner:

Have you ever tried to practice yoga?

Is yoga a sport? Why?

4. Role-play

A: You are naturally anxious all the time and looking for a way to reduce anxiety and flatten your stomach. Ask your friend for some advice.

B: You're A's friend. Talk with A.



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A cup of coffee, a notebook, and a watch in the background.

Wrap-up

- Topic: **7 reasons why you should try yoga today**
- Have some talks about the benefits of doing yoga
- **Please don't forget to rate our lesson today**
- Finish your homework [here \(It doesn't apply to all students\)](#)