

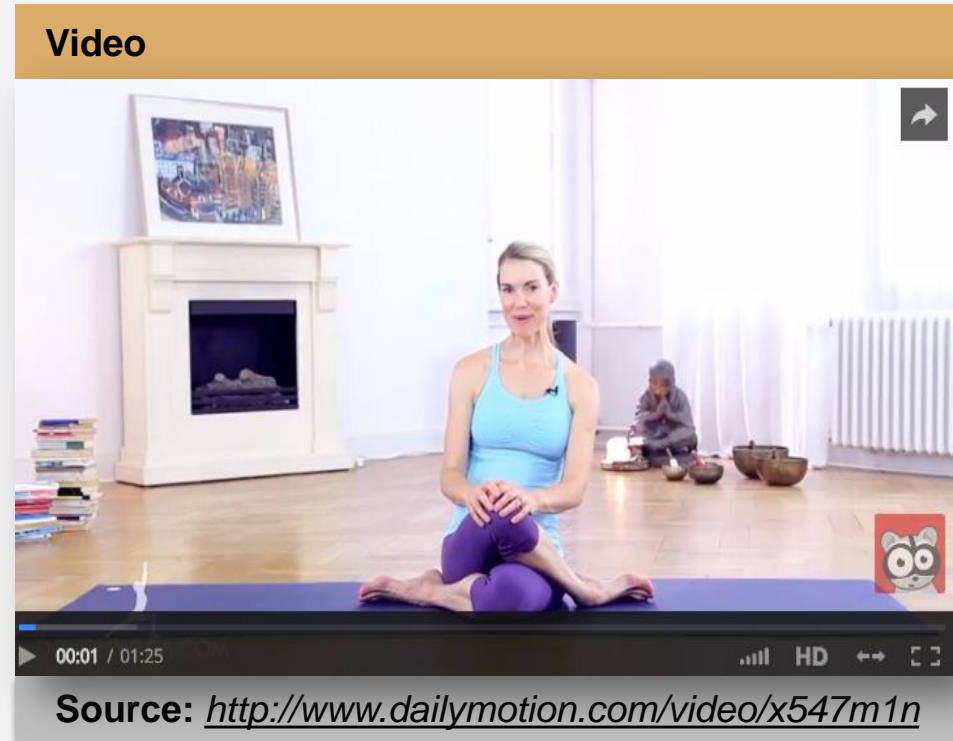
7 REASONS YOU SHOULD TRY YOGA TODAY

In 30 seconds, answer the following questions:

1. Have you ever practiced yoga?
2. Do you think that practicing yoga is good for your health? Why (not)?

Watch the video and answer the given questions in 60 seconds:

1. According to the video, what are the benefits of practicing yoga?
2. Can you give more details about one of those benefits?



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Wear Your Words

Listen and repeat. Then, choose a word to define.

1. **Stamina (n)** /'stæmɪnə/

2. **Metabolism (n)** /mə'tæbəlaɪzəm/

3. **Flexibility (n)** /ˌfleksə'bɪləti/

4. **Vigorous (adj)** /'vɪɡərəs/

5. **Meditative (adj)** /'medɪteɪtɪv/

6. **Unite (v)** /ju'naɪt/

Make a sentence using that word.

Example: More **vigorous** styles of yoga promote strength and **stamina**.



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Wear Your Words

Explanation of useful phrasal verbs:

Work out

to train the body by physical exercise



Get round to

to find the time to do something



Examples: - *I **work out** regularly to keep fit.*

- *I meant to do yoga, but I didn't **get round to** it.*

Make a sentence using one of the given phrasal verbs.



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Structure:

S + used to + V-inf.

Example: *He used to do yoga every day.*

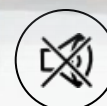
Make a sentence using the given structure.



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Pair Work: In 180 seconds, discuss “7 reasons you should try yoga today” with your partner.

Suggestions

- ✓ Reduce the risk of injury
- ✓ Reduce stress
- ✓ Increase concentration and motivation
- ✓ Gain strength and stamina
- ✓ Improve balance and stability
- ✓ Improve flexibility
- ✓ Improve posture
- ✓ Get a good night's sleep
- ✓ Etc.



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Assessment Form

Here are some comments on your performance.

Student	Pronunciation	Vocabulary	Grammar
1.			
2.			
3.			
4.			
5.			
6.			

Feel free to ask if you have any questions!



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- ✓ Vocabulary related to 7 reasons you should try yoga today
- ✓ **Two phrasal verbs:**
 - Work out**
 - Get round to**
- ✓ **Structure:**
 - S + used to + V-inf.**
- ✓ Discussion about 7 reasons you should try yoga today



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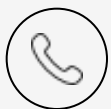
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Complete your mission and find more in related lessons.

Your mission	<ul style="list-style-type: none">✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)✓ Practice the related lessons in the course browser here (It doesn't apply to all students)✓ Take those lessons
Recommendations	<ul style="list-style-type: none">✓ Ready for Yoga (#0326)✓ Fill in the Blank: Sports Movements & Actions (#0828)
 <p>Excellence</p> <p>Click on the star to rate I am most satisfied</p> <p>Teacher Technical quality Material</p>	<ul style="list-style-type: none">✓ Please don't forget to rate our lesson today



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