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Level 3

Indian leader calls for global yoga day

30th September, 2014

<http://www.breakingnewsenglish.com/1409/140930-international-yoga-day.html>

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

India's Prime Minister Narendra Modi has asked world leaders to start a U.N. International Yoga Day. He was speaking at the U.N. General Assembly in New York. It was his very first speech at the 193-member General Assembly. He spoke about the benefits of yoga, saying it was good for the mind and body, and could also help climate change. He said yoga provides harmony between humans and nature, and is "an invaluable gift" from India's 5,000-year-old culture. Modi said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He added: "By changing our lifestyle and creating consciousness, it can help us deal with climate change."

Many doctors and people in the medical community say yoga is a good way to stay physically and mentally healthy. Yoga makes you focus on exercise, breathing and meditation. A lot of research says it can help people with heart disease, high blood pressure and lower back pain. Studies also say yoga can improve our mood, reduce stress and make us sleep better. However, there is also research that says people need to be careful when doing yoga. Wikipedia says: "An extensive survey of yoga practitioners in Australia showed that about 20 per cent had suffered some physical injury while practicing yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.

Sources: <http://indianexpress.com/article/india/politics/narendra-modi-asks-world-leaders-to-adopt-international-yoga-day/#sthash.5SbcSpeg.dpuf>
<http://news.oneindia.in/international/un-should-adopt-an-international-yoga-day-modi-1530928.html>
<http://en.wikipedia.org/wiki/Yoga#Terminology>

WARM-UPS

1. YOGA: Students walk around the class and talk to other students about yoga. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

world leaders / United Nations / benefits of yoga / mind and body / gift / nature / mentally healthy / meditation / heart disease / blood pressure / reduce stress / injury

Have a chat about the topics you liked. Change topics and partners frequently.

3. MIND AND BODY: How good or bad are these things for the mind and body? Complete this table with your partner(s). Change partners often and share what you wrote.

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

4. ALL OF US: Students A **strongly** believe we should all do yoga; Students B **strongly** believe yoga is boring. Change partners again and talk about your conversations.

5. U.N. DAYS: Rank these with your partner. Put the most important days at the top. Change partners often and share your rankings.

- English Language Day
- World No-Tobacco Day
- Global Day of Parents
- World Refugee Day
- World Wildlife Day
- International Women's Day
- International Day of Happiness
- World Water Day

6. MIND: Spend one minute writing down all of the different words you associate with the word "mind". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. India's leader met Barack Obama and agreed on a world yoga day. | T / F |
| b. It was the first time Mr Modi addressed the UN General Assembly. | T / F |
| c. Mr Modi said yoga could help with climate change. | T / F |
| d. Mr Modi said yoga was more about exercise than about discovery. | T / F |
| e. Doctors say yoga is good for the mind and body. | T / F |
| f. Research said yoga can help people with back problems. | T / F |
| g. A study said yoga injures 50% of people who practice it. | T / F |
| h. A World Yoga Day will start for the first time in 2017. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|-----------------------|
| 1. asked | a. advantages |
| 2. benefits | b. lower |
| 3. invaluable | c. find |
| 4. discover | d. better |
| 5. deal with | e. requested |
| 6. focus | f. large-scale |
| 7. improve | g. manage |
| 8. reduce | h. extremely useful |
| 9. extensive | i. (be) troubled with |
| 10. suffered | j. concentrate |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|----------------------------------|--------------------------|
| 1. the 193-member | a. pain |
| 2. good for the | b. meditation |
| 3. yoga provides harmony between | c. oneness with yourself |
| 4. discover the sense of | d. community |
| 5. it can help us deal | e. humans and nature |
| 6. people in the medical | f. physical injury |
| 7. exercise, breathing and | g. mind and body |
| 8. lower back | h. when doing yoga |
| 9. people need to be careful | i. with climate change |
| 10. suffered some | j. General Assembly |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

India's Prime Minister Narendra Modi has asked world (1) _____ to start a U.N. International Yoga Day. He was speaking at the U.N. General Assembly in New York. It was his very first (2) _____ at the 193-member General Assembly. He spoke about the benefits of yoga, saying it was good for the (3) _____ and body, and could also help climate change. He said yoga provides (4) _____ between humans and nature, and is "an invaluable (5) _____" from India's 5,000-year-old culture. Modi said: "It is not about exercise, but to discover the sense of (6) _____ with yourself, the world and the nature." He added: "By changing our (7) _____ and creating consciousness, it can help us (8) _____ with climate change."

harmony
speech
mind
oneness
deal
leaders
lifestyle
gift

Many doctors and people in the medical (9) _____ say yoga is a good way to stay physically and (10) _____ healthy. Yoga makes you focus on exercise, (11) _____ and meditation. A lot of research says it can help people with heart disease, high blood (12) _____ and lower back pain. Studies also say yoga can improve our mood, reduce (13) _____ and make us sleep better. However, there is also research that says people need to be (14) _____ when doing yoga. Wikipedia says: "An extensive (15) _____ of yoga practitioners in Australia showed that about 20 per cent had suffered some physical (16) _____ while practicing yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.

mentally
pressure
stress
survey
community
injury
breathing
careful

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

- 1) He was speaking at the U.N. _____ in New York
 - a. Generals Assembly
 - b. Generally Assembly
 - c. General Assembly
 - d. Generous Assembly
- 2) He spoke about the benefits of yoga, saying it was good for _____
 - a. the minds and body
 - b. the minded and body
 - c. the mined and body
 - d. the mind and body
- 3) He said yoga provides harmony between _____
 - a. humans and natural
 - b. humans and nurture
 - c. humans and nature
 - d. humans and mature
- 4) discover the sense of _____ yourself
 - a. oneness with
 - b. winless with
 - c. openness with
 - d. one less with
- 5) it can _____ climate change
 - a. help us dealing with
 - b. help us deal with
 - c. help us deals with
 - d. help us ideal with
- 6) Many doctors and people in the _____
 - a. medicine community
 - b. Medicare community
 - c. medical community
 - d. media call community
- 7) Yoga makes you focus on exercise, _____
 - a. breathe in and meditation
 - b. breathing and meditation
 - c. breathing in and meditation
 - d. breath in and meditation
- 8) people with heart disease, high blood pressure and _____
 - a. lowers back pain
 - b. lower back pain
 - c. lowered back pain
 - d. low a back pain
- 9) yoga can improve our mood, reduce stress and _____
 - a. make us sleep better
 - b. make us sleeps better
 - c. make us sleepy better
 - d. make us sleeping better
- 10) about 20 per cent had suffered _____
 - a. some physically injury
 - b. some physic all injury
 - c. some physicals injury
 - d. some physical injury

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

India's Prime Minister Narendra Modi has (1) _____ start a U.N. International Yoga Day. He was speaking at the U.N. General Assembly in New York. (2) _____ first speech at the 193-member General Assembly. He spoke (3) _____ yoga, saying it was good for the mind and body, and could also help climate change. He said yoga (4) _____ between humans and nature, and is "an invaluable gift" from India's 5,000-year-old culture. Modi said: "It is not about exercise, but (5) _____ of oneness with yourself, the world and the nature." He added: "By changing our lifestyle and creating consciousness, it can (6) _____ climate change."

Many doctors and people (7) _____ community say yoga is a good way to stay physically and mentally healthy. Yoga makes you focus on exercise, (8) _____. A lot of research says it can help people with heart disease, high blood pressure (9) _____ pain. Studies also say yoga can improve our mood, reduce stress and (10) _____ better. However, there is also research that says people need to be careful when doing yoga. Wikipedia says: "An extensive survey of yoga practitioners in Australia (11) _____ 20 per cent had suffered some physical (12) _____ yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

1. Who did India's leader ask about a yoga day?

2. How many members form the U.N. General Assembly?

3. What did Mr Modi say yoga provides harmony between?

4. What did Mr Modi say yoga is not about?

5. What did Mr Modi say we needed to change?

6. What does yoga make you focus on besides breathing and exercise?

7. What kind of back pain is yoga good for?

8. What does yoga make us do better?

9. How many people in an Australian study got injured doing yoga?

10. When did World Yoga Day start?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

1. Who did India's leader ask about a yoga day?
 - a) a yogi
 - b) world leaders
 - c) the World Yoga Association
 - d) UNESCO
2. How many members form the U.N. General Assembly?
 - a) 189
 - b) 191
 - c) 192
 - d) 193
3. What did Mr Modi say yoga provides harmony between?
 - a) humans and nature
 - b) yin and yang
 - c) the mind and body
 - d) the spirit and soul
4. What did Mr Modi say yoga is not about?
 - a) me, me, me
 - b) pain
 - c) exercise
 - d) religion
5. What did Mr Modi say we needed to change?
 - a) the body's flexibility
 - b) our lifestyle
 - c) our breathing
 - d) our body position
6. What does yoga make you focus on besides breathing and exercise?
 - a) friendship
 - b) thinking
 - c) meditation
 - d) sleep
7. What kind of back pain is yoga good for?
 - a) hernia
 - b) painful back pain
 - c) sudden back pain
 - d) lower back pain
8. What does yoga make us do better?
 - a) sleep
 - b) maths
 - c) make friends
 - d) have confidence
9. How many people in an Australian study got injured doing yoga?
 - a) 20%
 - b) 12%
 - c) 15.3%
 - d) a quarter
10. When did World Yoga Day start?
 - a) 2006
 - b) 2007
 - c) 2008
 - d) 2009

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

Role A – The mind

You think yoga is most helpful to the mind. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the body, world peace or climate change.

Role B – The body

You think yoga is most helpful to the body. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the mind, world peace or climate change.

Role C – World peace

You think yoga is most helpful to world peace. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the body, the mind or climate change.

Role D – Climate change

You think yoga is most helpful to climate change. Tell the others three reasons why. Tell them why their things might not work. Also, tell the others which of these yoga cannot help (and why): the body, world peace or the mind.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'mind' and 'body'.

mind	body
-------------	-------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• asked• first• benefits• gift• discover• deal	<ul style="list-style-type: none">• way• focus• high• better• careful• 20
---	--

YOGA SURVEY

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

Write five GOOD questions about yoga in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

YOGA DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'yoga'?
- 3) What are the benefits of doing yoga?
- 4) Are people who do yoga calmer than other people?
- 5) Is International Yoga Day a good idea?
- 6) What do you do for your mind and body?
- 7) Why might yoga help climate change?
- 8) How do you feel harmony with nature?
- 9) What is the "sense of oneness"?
- 10) Why do people want to find the "oneness" within them?

Indian leader calls for global yoga day – 30th September, 2014
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YOGA DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) What is yoga?
- 12) How would society change if yoga was a school subject?
- 14) What would happen on International Yoga Day?
- 15) How do people meditate?
- 16) How would meditation every day change your life?
- 17) What do you do to improve your mood?
- 18) How could yoga injure people?
- 19) Would you prefer to be good at yoga or karate?
- 20) What questions would you like to ask Narendra Modi?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

India's Prime Minister Narendra Modi has (1) _____ world leaders to start a U.N. International Yoga Day. He was speaking at the U.N. General Assembly in New York. It was his (2) _____ first speech at the 193-member General Assembly. He spoke about the (3) _____ of yoga, saying it was good for the mind and body, and could also help climate change. He said yoga (4) _____ harmony between humans and nature, and is "an invaluable gift" from India's 5,000-year-old culture. Modi said: "It is not about exercise, but to discover the (5) _____ of oneness with yourself, the world and the nature." He added: "By changing our lifestyle and creating consciousness, it can help us deal (6) _____ climate change."

Many doctors and people in the medical community say yoga is a good way to (7) _____ physically and mentally healthy. Yoga makes you focus on exercise, breathing and meditation. A lot of research says it can help people with heart disease, high (8) _____ pressure and lower back pain. Studies also say yoga can improve our mood, reduce stress and (9) _____ us sleep better. However, there is also research that says people need to be (10) _____ when doing yoga. Wikipedia says: "An extensive survey of yoga practitioners in Australia showed that about 20 per cent had suffered (11) _____ physical injury while practicing yoga." A World Yoga Day (12) _____ exists. It was started by the world-yoga-day.org website in 2007.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|--------------|-----------------|--------------|
| 1. | (a) told | (b) asked | (c) ordered | (d) spoken |
| 2. | (a) totally | (b) very | (c) just | (d) really |
| 3. | (a) beneficial | (b) benefit | (c) beneficiary | (d) benefits |
| 4. | (a) supplies | (b) provides | (c) does | (d) employs |
| 5. | (a) tense | (b) cents | (c) tenths | (d) sense |
| 6. | (a) wither | (b) within | (c) with | (d) without |
| 7. | (a) stay | (b) live | (c) reside | (d) motion |
| 8. | (a) blooded | (b) bloody | (c) blood | (d) bloods |
| 9. | (a) fall | (b) be | (c) do | (d) make |
| 10. | (a) careful | (b) careless | (c) carefully | (d) caring |
| 11. | (a) some | (b) many | (c) any | (d) all |
| 12. | (a) already | (b) just | (c) is | (d) be |

SPELLING

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

Paragraph 1

1. speaking at the U.N. General meyAssbl
2. He spoke about the ietbensf of yoga
3. yoga provides moyranh
4. India's 5,000-year-old uceurlt
5. changing our leyitsfel
6. help us deal with lameict change

Paragraph 2

7. people in the medical tmcnymiuo
8. stay lhysplcayi and mentally healthy
9. high blood rspereus
10. mroivep our mood
11. An extensive ryeusv of yoga
12. niyjur while practicing yoga

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

Number these lines in the correct order.

- () while practicing yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.
- () speaking at the U.N. General Assembly in New York. It was his very first
- () for the mind and body, and could also help climate change. He said yoga provides harmony
- () of yoga practitioners in Australia showed that about 20 per cent had suffered some physical injury
- () between humans and nature, and is "an invaluable gift" from India's 5,000-year-old
- () pain. Studies also say yoga can improve our mood, reduce stress and make us sleep better. However, there is also
- () nature." He added: "By changing our lifestyle and creating consciousness, it can help us deal with climate change."
- () mentally healthy. Yoga makes you focus on exercise, breathing and meditation. A lot of research
- () research that says people need to be careful when doing yoga. Wikipedia says: "An extensive survey
- () says it can help people with heart disease, high blood pressure and lower back
- (**1**) India's Prime Minister Narendra Modi has asked world leaders to start a U.N. International Yoga Day. He was
- () culture. Modi said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the
- () speech at the 193-member General Assembly. He spoke about the benefits of yoga, saying it was good
- () Many doctors and people in the medical community say yoga is a good way to stay physically and

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

1. General New Speaking UN in the Assembly York at .

2. yoga of benefits the about spoke He .

3. humans between harmony provides Yoga nature and .

4. yourself with oneness of sense the Discover .

5. us deal It with can climate help change .

6. mentally A to and way physically healthy good stay .

7. people disease says help heart Research can with it .

8. better sleep us make and stress Reduce .

9. to yoga be careful People when need doing .

10. had physical About cent some per suffered injury 20 .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

India's Prime Minister Narendra Modi has *asked* / *asking* world leaders to start a U.N. International Yoga Day. He was *speaking* / *spoken* at the U.N. General Assembly in New York. It was his *very* / *really* first speech at the 193-member General Assembly. He spoke about the *beneficial* / *benefits* of yoga, saying it was good for the *mind* / *mindless* and body, and could also help climate change. He said yoga *provide* / *provides* harmony between humans and nature, and is "an *invaluable* / *valuable* gift" from India's 5,000-year-old culture. Modi said: "It is not about exercise, *however* / *but* to discover the sense of *oneness* / *once* with yourself, the world and the nature." He added: "By changing our lifestyle and creating consciousness, it can help us deal *with* / *in* climate change."

Many doctors and people *on* / *in* the medical community say yoga is a good way to *live* / *stay* physically and mentally healthy. Yoga makes you focus *in* / *on* exercise, breathing and meditation. A lot of research *say* / *says* it can help people with heart disease, high *bloody* / *blood* pressure and lower back pain. Studies also say yoga can improve our *moody* / *mood*, reduce stress and make us sleep *better* / *good*. However, there is also research that says people need to *be* / *do* careful when doing yoga. Wikipedia says: "An *extensive* / *extensively* survey of yoga practitioners in Australia showed that about 20 per cent had *suffered* / *suffering* some physical injury while practicing yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

__nd__'s Pr_m_ M_n_st_r N_r ndr_ M_d_ h_s _sk_d
w_rld l__d_rs t__st_rt __.N. __nt_rn_t__n_l Y_g_ D_y.
H_w_s sp__k_ng __t th___.N. G_n_r_l __ss_m_bly __n N_w
Y_rk. __t w_s h_s v_ry f_rst sp__ch __t th_ 193-m__mb_r
G_n_r_l __ss_m_bly. H__sp_k__b__t th__b_n_f_ts __f
y_g_, s_y_ng __t w_s g__d f_r th__m_nd __nd b_dy, __nd
c__ld __ls__h_lp cl_m_t__ch_ng_. H__s__d y_g_
pr_v_d_s h_rm_ny b__tw__n h__m_n_s __nd n__t_r_, __nd_s
"__n __nv_l__bl__g_ft" fr_m __nd__'s 5,000-y__r__ld
c__lt_r_. M_d_s__d: "__t_s n__t __b__t __x_rc_s_, b__t t__
d_sc_v_r th__s_n_s __f __n__ss w__th y__rs_lf, th__w_rld
__nd th__n__t_r_." H__dd_d: "By ch_ng_ng __r_l_fstyl__
__nd cr__t_ng c__nsc__sn_ss, __t c_n h_lp __s_d__l w__th
cl_m_t__ch_ng_."

M_ny d_ct_rs __nd p__pl__n th__m_d_c_l c__mm_n_ty
s_y y_g__s __g__d w_y t__st_y phys_c_lly __nd
m__nt_lly h__lthy. Y_g_ m_k_s y__f_c_s __n __x_rc_s_,
br__th_ng __nd m_d_t__n. __l_t f_r_s__rch s_y_s __t
c_n h_lp p__pl__w__th h__rt d_s__s_, h_g_h bl__d
pr_ss_r __nd l_w_r b_ck p__n. St_d_s __ls__s_y y_g_
c_n __mpr_v__r m__d, r_d_c__str_ss __nd m_k__s
sl__p b__tt_r. H_w_v_r, th_r__s __ls__r_s__rch th__t
s_y_s p__pl__n__d t__b__c_r_f_l wh_n d__ng y_g_.
W_k_p_d__s_y_s: "__n __xt_n_s_v__s_rv_y __f y_g_
pr_ct_t__n_rs __n __str_l__sh_w_d th__t __b__t 20 p_r
c__nt h_d s_ff_r_d s_m__phys_c_l __nj_ry wh_l
pr_ct_c_ng y_g_." __W_rld Y_g_ D_y __lr__dy __x_sts. __t
w_s st_rt_d by th__w_rld-y_g_-d_y._rg w_bs_t__n
2007.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

india's prime minister narendra modi has asked world leaders to start a un international yoga day he was speaking at the un general assembly in new york it was his very first speech at the 193-member general assembly he spoke about the benefits of yoga saying it was good for the mind and body and could also help climate change he said yoga provides harmony between humans and nature and is "an invaluable gift" from india's 5000-year-old culture modi said "it is not about exercise but to discover the sense of oneness with yourself the world and the nature" he added "by changing our lifestyle and creating consciousness it can help us deal with climate change"

many doctors and people in the medical community say yoga is a good way to stay physically and mentally healthy yoga makes you focus on exercise breathing and meditation a lot of research says it can help people with heart disease high blood pressure and lower back pain studies also say yoga can improve our mood reduce stress and make us sleep better however there is also research that says people need to be careful when doing yoga wikipedia says "an extensive survey of yoga practitioners in australia showed that about 20 per cent had suffered some physical injury while practicing yoga" a world yoga day already exists it was started by the world-yoga-dayorg website in 2007

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1409/140930-international-yoga-day.html>

India's Prime Minister Narendra Modi has asked world leaders to start a U.N. International Yoga Day. He was speaking at the U.N. General Assembly in New York. It was his very first speech at the 193-member General Assembly. He spoke about the benefits of yoga, saying it was good for the mind and body, and could also help climate change. He said yoga provides harmony between humans and nature, and is "an invaluable gift" from India's 5,000-year-old culture. Modi said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He added: "By changing our lifestyle and creating consciousness, it can help us deal with climate change." Many doctors and people in the medical community say yoga is a good way to stay physically and mentally healthy. Yoga makes you focus on exercise, breathing and meditation. A lot of research says it can help people with heart disease, high blood pressure and lower back pain. Studies also say yoga can improve our mood, reduce stress and make us sleep better. However, there is also research that says people need to be careful when doing yoga. Wikipedia says: "An extensive survey of yoga practitioners in Australia showed that about 20 percent had suffered some physical injury while practicing yoga." A World Yoga Day already exists. It was started by the world-yoga-day.org website in 2007.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about yoga. Share what you discover with your partner(s) in the next lesson.

3. YOGA: Make a poster about yoga. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CLIMATE CHANGE: Write a magazine article about how yoga can help climate change. Include imaginary interviews with people who think it can and people who think it can't.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on yoga. Ask him/her three questions about yoga. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c T d F e T f T g F h F

SYNONYM MATCH (p.4)

- | | |
|---------------|-----------------------|
| 1. asked | a. requested |
| 2. benefits | b. advantages |
| 3. invaluable | c. extremely useful |
| 4. discover | d. find |
| 5. deal with | e. manage |
| 6. focus | f. concentrate |
| 7. improve | g. better |
| 8. reduce | h. lower |
| 9. extensive | i. large-scale |
| 10. suffered | j. (be) troubled with |

COMPREHENSION QUESTIONS (p.8)

1. World leaders
2. 193
3. Humans and nature
4. Exercise
5. Our lifestyle
6. Meditation
7. Lower back pain
8. Sleep
9. 20%
10. 2007

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. a 4. c 5. b 6. c 7. d 8. a 9. a 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)