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Level 0

Indian leader calls for global yoga day

30th September, 2014

<http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-0.html>

India's leader asked other world leaders to start an International Yoga Day. He said yoga was good for the mind, body, and climate change. It gives us harmony with nature. He called it a "gift" from India. He said yoga is not about exercise. He said yoga helps us understand the world and nature, so we can help climate change.

Doctors say yoga keeps us healthy. Exercise, breathing and meditation help people with heart disease, high blood pressure and back pain. It makes us happier. It reduces our stress. It also makes us sleep better. People need to be careful when they do yoga. Many people get injured. A World Yoga Day started 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>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|------------------------|
| 1. India's | a. for the mind |
| 2. other world | b. exercise |
| 3. yoga was good | c. with nature |
| 4. climate | d. the world |
| 5. It gives us harmony | e. leader |
| 6. yoga is not about | f. help climate change |
| 7. yoga helps us understand | g. leaders |
| 8. we can | h. change |

PARAGRAPH TWO:

- | | |
|------------------------------|----------------------|
| 1. yoga keeps | a. our stress |
| 2. breathing | b. pressure |
| 3. help people with | c. and meditation |
| 4. high blood | d. better |
| 5. It makes us | e. us healthy |
| 6. It reduces | f. when they do yoga |
| 7. It also makes us sleep | g. heart disease |
| 8. People need to be careful | h. happier |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-0.html>

India's leader asked other world (1) _____

International Yoga Day. He said (2) _____ the

mind, body, and (3) _____. It gives us harmony

with nature. He (4) _____ from India. He said

yoga is (5) _____. He said yoga helps us

understand the world and nature, (6) _____

climate change.

Doctors (7) _____ us healthy. Exercise,

breathing (8) _____ people with heart disease,

high (9) _____ back pain. It makes us happier.

It (10) _____. It also makes us sleep better.

People (11) _____ they do yoga. Many people

get injured. A World Yoga (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-0.html>

India's leader asked other world leaders to start an International Yoga Day. He said yoga was good for the mind, body, and climate change. It gives us harmony with nature. He called it a "gift" from India. He said yoga is not about exercise. He said yoga helps us understand the world and nature, so we can help climate change. Doctors say yoga keeps us healthy. Exercise, breathing and meditation help people with heart disease, high blood pressure and back pain. It makes us happier. It reduces our stress. It also makes us sleep better. People need to be careful when they do yoga. Many people get injured. A World Yoga Day started in 2007.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

