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## **Level 1**

# **Indian leader calls for global yoga day**

**30th September, 2014**

<http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-1.html>

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# THE READING

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-1.html>

India's leader has asked other world leaders at the United Nations to start an International Yoga Day. He told them yoga was good for the mind, body, and climate change. He said yoga shows us harmony between humans and nature. He called it "an invaluable gift" from India. He said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He said we could deal with climate change if we changed our lifestyle.

Many doctors say yoga helps us stay physically and mentally healthy. Exercise, breathing and meditation help people with heart disease, high blood pressure and back pain. It can make us happier, reduce our stress and make us sleep better. People need to be careful when they do yoga. A survey in Australia showed that 20 per cent of people who did yoga got injured. There is already a World Yoga Day. It was started by world-yoga-day.org 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-1.html>

## PARAGRAPH ONE:

- |                                      |                        |
|--------------------------------------|------------------------|
| 1. world                             | a. from India          |
| 2. yoga was good                     | b. with climate change |
| 3. harmony between                   | c. for the mind        |
| 4. He called it "an invaluable gift" | d. exercise            |
| 5. It is not about                   | e. our lifestyle       |
| 6. the sense of oneness              | f. leaders             |
| 7. we could deal                     | g. humans and nature   |
| 8. we changed                        | h. with yourself       |

## PARAGRAPH TWO:

- |                                      |                      |
|--------------------------------------|----------------------|
| 1. yoga helps us stay physically and | a. disease           |
| 2. Exercise, breathing               | b. sleep better      |
| 3. people with heart                 | c. yoga got injured  |
| 4. high blood                        | d. and meditation    |
| 5. It can make                       | e. when they do yoga |
| 6. make us                           | f. pressure          |
| 7. People need to be careful         | g. us happier        |
| 8. 20 per cent of people who did     | h. mentally healthy  |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-1.html>

India's (1) \_\_\_\_\_ world leaders at the United Nations to start an International Yoga Day. He told them yoga was (2) \_\_\_\_\_, body, and climate change. He said yoga (3) \_\_\_\_\_ between humans and nature. He called it "an invaluable gift" from India. He said: "It is not about exercise, but to (4) \_\_\_\_\_ of oneness with yourself, the world (5) \_\_\_\_\_." He said we could deal with climate change if (6) \_\_\_\_\_.

Many doctors say yoga helps (7) \_\_\_\_\_ and mentally healthy. Exercise, (8) \_\_\_\_\_ help people with heart disease, high blood (9) \_\_\_\_\_ pain. It can make us happier, (10) \_\_\_\_\_ and make us sleep better. People (11) \_\_\_\_\_ when they do yoga. A survey in Australia showed that 20 per cent of people who (12) \_\_\_\_\_. There is already a World Yoga Day. It was started by world-yoga-day.org in 2007.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-1.html>

India's leader has asked other world leaders at the United Nations to start an International Yoga Day. He told them yoga was good for the mind, body, and climate change. He said yoga shows such harmony between humans and nature. He called it "an invaluable gift" from India. He said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He said we could deal with climate change if we changed our lifestyle. Many doctors say yoga helps us stay physically and mentally healthy. Exercise, breathing and meditation help people with heart disease, high blood pressure and back pain. It can make us happier, reduce our stress and make us sleep better. People need to be careful when they do yoga. A survey in Australia showed that 20 percent of people who did yoga got injured. There is already a World Yoga Day. It was started by world-yoga-day.org in 2007.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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*Indian leader calls for global yoga day – 30th September, 2014*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

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b)

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c)

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d)

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e)

---

f)

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g)

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h)

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