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## **Level 2**

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

**30th September, 2014**

<http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-2.html>

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**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-2.html>

India's Prime Minister has asked world leaders to start an International Yoga Day. He was speaking at the U.N. General Assembly for the first time. He said yoga was good for the mind and body, and that it could help climate change. He said yoga provides harmony between humans and nature. He called it "an invaluable gift" from India's culture. He said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He added that we could deal with climate change if we changed our lifestyle and understood nature more.

Many doctors say yoga is a good way to stay physically and mentally healthy. It focuses on exercise, breathing and meditation. A lot of research says it helps people with heart disease, high blood pressure and lower back pain. It can also improve our mood, reduce stress and make us sleep better. Research also says people need to be careful when doing yoga. A large survey in Australia of people who did yoga showed that about 20 per cent of them got injured while practicing yoga. There is already a World Yoga Day. This 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>

# MATCHING

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-2.html>

## PARAGRAPH ONE:

- |                         |                              |
|-------------------------|------------------------------|
| 1. He was speaking at   | a. humans and nature         |
| 2. good for the mind    | b. with yourself             |
| 3. harmony between      | c. lifestyle                 |
| 4. India's              | d. and body                  |
| 5. the sense of oneness | e. more                      |
| 6. we could deal        | f. the U.N. General Assembly |
| 7. if we changed our    | g. culture                   |
| 8. understood nature    | h. with climate change       |

## PARAGRAPH TWO:

- |                                  |                         |
|----------------------------------|-------------------------|
| 1. a good way to stay physically | a. sleep better         |
| 2. exercise, breathing           | b. pressure             |
| 3. helps people with             | c. injured              |
| 4. high blood                    | d. and mentally healthy |
| 5. make us                       | e. yoga                 |
| 6. people need to be careful     | f. and meditation       |
| 7. 20 per cent of them got       | g. when doing yoga      |
| 8. while practicing              | h. heart disease        |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-2.html>

India's Prime Minister has asked (1) \_\_\_\_\_ an International Yoga Day. (2) \_\_\_\_\_ the U.N. General Assembly for the first time. He said yoga (3) \_\_\_\_\_ and body, and that it could help climate change. He said yoga provides (4) \_\_\_\_\_ and nature. He called it "an invaluable gift" from India's culture. He said: "It is not about exercise, but to (5) \_\_\_\_\_ of oneness with yourself, the world and the nature." He added that we could deal with climate (6) \_\_\_\_\_ our lifestyle and understood nature more.

Many doctors say yoga (7) \_\_\_\_\_ stay physically and mentally healthy. (8) \_\_\_\_\_, breathing and meditation. A lot of research says it helps people with heart disease, (9) \_\_\_\_\_ and lower back pain. It can also improve our mood, reduce stress and (10) \_\_\_\_\_. Research also says people need to be careful when doing yoga. A large survey in Australia of people (11) \_\_\_\_\_ that about 20 per cent of them got injured while practicing yoga. There is already a World Yoga Day. (12) \_\_\_\_\_ the world-yoga-day.org website in 2007.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1409/140930-international-yoga-day-2.html>

India's Prime Minister has asked world leaders to start an International Yoga Day. He was speaking at the U.N. General Assembly for the first time. He said yoga was good for the mind and body, and that it could help climate change. He said yoga provides harmony between humans and nature. He called it "an invaluable gift" from India's culture. He said: "It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature." He added that we could deal with climate change if we change our lifestyle and understand nature more. Many doctors say yoga is a good way to stay physically and mentally healthy. It focuses on exercise, breathing and meditation. A lot of research says it helps people with heart disease, high blood pressure and lower back pain. It can also improve our mood, reduce stress and make us sleep better. Research also says people need to be careful when doing yoga. A large survey in Australia of people who did yoga showed that about 20 percent of them got injured while practicing yoga. There is already a World Yoga Day. This was started by the world-yoga-day.org website 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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