

Yoga

Made for Unit 9, Prochaska, E, and Taylor, A. (2009) *Reading in the Real World, Intro* (2nd Ed). Compass Publishing.

Comprehension check

Examples:

1. What does _____ mean?
2. Which word is this, undivided attention? I think it's concentration.
3. I don't understand this part here, [read sentence]. Can you make head or tail of it?

Discussion

Discuss these questions with a partner. Give long answers with lots of details.

1. What was your first reaction to this article? How long did it take you to read? What was the level of difficulty for you? (was it really easy or kind of difficult?). How many words did you have to check?
2. Can you give us your one minute summary of the article?
 - a. What are some important points about this? What was something important you learnt from this? What surprised you? What did you already know?
 - b. Are there any points you disagree with? Why? Are there any points you agree with? Why?
3. This article is very short. What more information would you like to know or learn about? What information seemed a bit unnecessary?
4. What fitness trends were mentioned in the article? What body-type trends were there? How are these different to Japan today?
5. What does 'yoga' translate to in English? Why did they use this word? Why is yoga called 'yoga'?
6. What is the difference between yoga and Pilates? Which would you prefer to do, and why?
7. What are fitness experts promoting instead of yoga and Pilates, and why? Why are yoga classes expensive in Japan? Why do people in Japan pay for yoga classes, but people in India don't?
8. Muscle is heavier than fat; but which looks better, someone who works out, or someone who eats out? What type of person would you rather date?
9. Food is not the only way to be healthy. What do you do to maintain good physical and mental health? How much time a week do you spend taking care of your body?
10. What is the current health fad here in Japan? If health fads come and go, why do people follow them? What is a health regime that is not a fad, and is effective?
11. What health or sporting equipment do you have in your home? How often do you use it? What would you like to do more of?
12. Write your own questions: _____