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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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Try Level 0 (easier), Level 2 (harder) & the 26-page Level 3 (harder).



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 worldyoga-day.org in 2007.

Sources: http://indianexpress.com/article/india/politics/narendra-modi-asks-world-leaders-to-adoptinternational-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.				

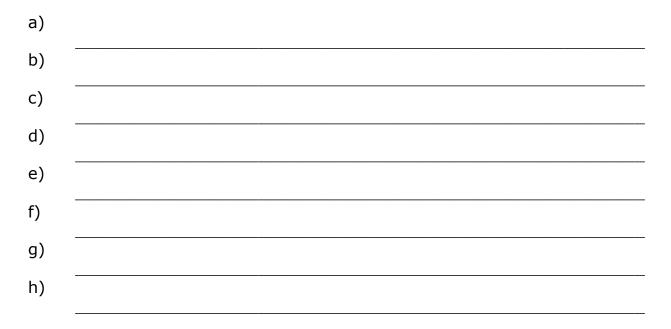
PUT A SLASH (/)WHERE THE SPACES ARE

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

India'sleaderhasaskedotherworldleadersattheUnitedNationstostart anInternationalYogaDay.Hetoldthemyogawasgoodforthemind,bod y, and climate change. Hesaidy og a show susharmony between humans andnature.Hecalledit"aninvaluablegift"fromIndia.Hesaid:"Itisnotab outexercise, buttodiscover these nse of one ness with yourself, the world and the nature." Hesaid we could deal with climate change if we change do urlifestyle.Manydoctorssayyogahelpsusstayphysicallyandmentally healthy.Exercise,breathingandmeditationhelppeoplewithheartdise ase, highblood pressure and backpain. It can make us happier, reduce ou rstressandmakeussleepbetter.Peopleneedtobecarefulwhentheydoy oga.AsurveyinAustraliashowedthat20percentofpeoplewhodidyogag otinjured.ThereisalreadyaWorldYogaDay.Itwasstartedbyworldyoga-day.orgin2007.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

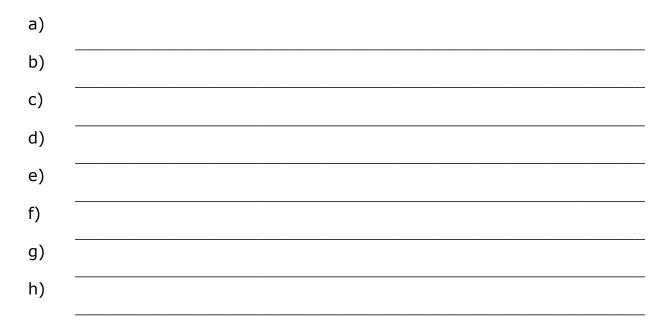
Student A: Do not show these to your speaking partner(s).



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WRITE QUESTIONS & ASK YOUR PARTNER(S)

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



WRITING

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

Write about **yoga** for 10 minutes. Comment on your partner's paper.