

9

Yoga



Let's Think

1. Do you know what yoga is?
2. Are you interested in doing yoga? Why or why not?

You are Elaine. You are reading a leaflet of a yoga centre.

Know More about Yoga

Joyful Yoga Club



History of Yoga

No one is certain about Yoga's history due to the oral transmission of sacred texts. Yet, its origin can be traced back to over five thousand years ago in Northern India, when the word 'yoga' was first mentioned in *the Rig Veda*, the oldest sacred text.

In the beginning, yoga was a hotchpotch of various ideas, beliefs and techniques that contradicted each other. It was Patanjali, the father of yoga, who slowly refined and organised the practice of yoga into a system for

15 unifying mind, body and soul, laying the foundations for modern yoga.

The Change of Yoga

Despite its long history, it was only in the past 50 years from the late 1800s

20 to early 1900s that yoga began to spread in the West. Unlike classical yoga, which aims to connect the soul and the body, modern yoga explores the way to loosen the knot that ties our minds to our bodies. Yogis who practise modern yoga try to cleanse and rejuvenate the body, seeing yoga as a form of exercise like any other

30 sport that helps people of all ages stay fit and stay active.



35 _____ ?
 Medical experts suggest that yoga helps improve the flow of energy in the body. Via doing yoga poses, you can stretch and release tension in your muscles, correct postures and relieve stress. Yoga is also considered effective for losing weight so you may give it a try if you want to keep fit. Aside from its benefits to the body, yoga helps you calm your mind and find true happiness in this materialistic world. If everyone tried to meditate via the practice of yoga, our world might become more peaceful. Today, some doctors even include yoga as a form of treatment for their patients, as yoga therapy has been a treatment clinically proven to be effective.



Causeway Bay Centre
 8/F, Top Commercial Building,
 22-26 Johnson Road

Joyful Yoga Club welcomes you to enjoy the fun of yoga with us!

Member's comment:

55 *If I had not joined Joyful Yoga Club, I would not have experienced the miraculous changes yoga brought to my body and soul.* Melissa

Mong Kok Centre is coming soon!

(302 words)

Part A

Answer the following questions using the information from the leaflet. Choose the **BEST** answer and blacken **ONE** circle only.

- In line 10, the word 'hotchpotch' means '_____'.
 - A. a confusing combination
 - B. an ancient system
 - C. a complicated theory
 - D. origin
- According to the leaflet, Patanjali _____.
 - A. discovered the practice of yoga in Northern India
 - B. was born 5,000 years ago
 - C. introduced yoga to westerners
 - D. systematised different streams of yoga
- The '?' in the leaflet can best be replaced by '_____'.
 - A. The Scientific Basis of Yoga
 - B. The Benefits of Practising Yoga
 - C. Yoga Therapy
 - D. The Pros and Cons of Yoga
- Which of the following is **TRUE** about yoga?
 - A. It was newly developed in recent decades.
 - B. Classical yoga and modern yoga are contradictory.
 - C. It is usually recommended to obese patients as a treatment.
 - D. Yoga was first documented in *the Rig Veda*, a sacred text.
- Which of the following can you **NOT** find in the leaflet?
 - A. the evolution of yoga
 - B. the origin of yoga
 - C. the address of Joyful Yoga Club
 - D. the details of Joyful Yoga Club's lessons

Grammar Corner

We can use **Type 2 conditional sentences** to talk about an imagined situation that is unlikely to happen and its probable result.

e.g. *If everyone tried to meditate via the practice of yoga, our world might become more peaceful.*
(Lines 45-47)

We can use **Type 3 conditional sentences** to talk about an impossible condition in the past and its probable result in the past.

e.g. *If I had not joined Joyful Yoga Club, I would not have experienced the miraculous changes yoga brought to my body and soul.*
(Lines 54-55)

Part B

Answer the following questions using the information from the leaflet. Write your answers in the spaces provided.

1. How was yoga before Patanjali's contribution?



2. Look for words or phrases in the leaflet to match the definitions below.

- (a) _____ (v.) found the origin of something
(b) _____ (prep.) different from
(c) _____ (v.) to restore to an original state or to give vigour to
(d) _____ (prep.) in addition to

3. If your best friend suffered from back pain and always feels tense in his or her muscles, would you advise him or her to do yoga? Why?

4. Fill in each blank with one word to complete the summary below.

Modern yoga is quite (a) _____ from classical yoga. Modern yoga (b) _____ the knot that ties our minds and our bodies. It is a form of (c) _____ which (d) _____ and revives our bodies. Classical yoga (e) _____ the soul to the body.



5. Decide whether each of the following statements is **True**, **False**, or the information is **Not Given** in the leaflet. Blacken one circle only for each statement.

Statement	T	F	NG
(a) There are quite many advantages of doing yoga.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(b) Yoga has become popular in the West because many Westerners are stressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(c) Yogis are less materialistic.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(d) Joyful Yoga Club offers yoga and aerobics lessons.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(e) Joyful Yoga Club has two branches when the leaflet is issued.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Vocabulary Bank

The following are some strength exercises. Match them with the correct pictures. One of the words is not used.

plank squat straddle stretch jumping jack push up
 heel raise side bridge walking quad stretch sit-up



1.



2.



3.



4.



5.



6.



7.



8.



Let's Discuss

1. Why do you think yoga has become more popular these days?
2. How is yoga similar to or different from stretching?