Lesson 21

Yoga class

1. Word power

A Andrea joined a yoga class to make her body more relaxed and flexible. How many parts of the body do you know? Listen and practice.



B Close your book. Play a chain game. Ask your classmates to name and point to the parts of the body labeled in part A.

June Mei Ling, point to your neck.

→ **Mei Ling** This is my neck. Ryan, point to your feet.

→ **Ryan** These are my feet. Liam, point to your . . .

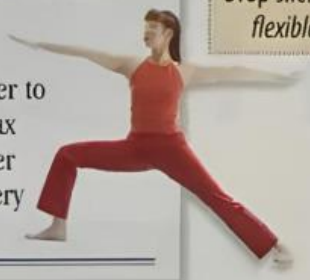
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2. Language focus

A Read the introduction to Andrea's new yoga book. Then listen and practice.

Do you want to make your body stronger? Would you like to move more flexibly? Try yoga. It's a great way to exercise, and it helps relax your body and mind. Yoga can improve your health. It can help you play sports. Yoga can even help you think more clearly!

Do each pose slowly and carefully. Don't move too fast. Hard, fast movements can hurt your body. Wear loose clothing so you can move comfortably, and don't eat before you practice. What's the most important thing? Remember to breathe! And don't forget to relax peacefully for a few minutes after you finish. Practice patiently every day, and enjoy a healthier life!



Adverbs of manner

Adverbs are often formed by adding *-ly* to the adjective form of a word.
slow → *slowly*
quiet → *quietly*
Do each pose **slowly** and **carefully**.
Practice **patiently** every day.

Exception:
fast → *fast*

Spelling

Change *y* to *i* and add *-ly*:
happy → *happily*
Drop silent final *e* and add *-ly*:
flexible → *flexibly*

B Complete this advice from Andrea's yoga teacher by changing the adjectives to adverbs. Then listen and check.

1. Dress *comfortably* (comfortable).
2. Don't move too _____ (fast).
3. Practice _____ (regular).
4. Choose your teacher _____ (careful).

C Match the sentences from part B to the sentences below.

1. *Practice regularly.* _____ Try to do it every day.
2. _____ It's important to go slowly.
3. _____ You need a good instructor.
4. _____ Never wear shoes or a belt.

3. Speaking

Think of an activity and choose an adverb from the box. Act out the activity in the manner of the adverb. Your classmates guess what you are doing.

Classmate 1 Are you surfing happily?
You No, I'm not.
Classmate 2 Are you dancing crazily?
You Yes, I am.

carefully correctly crazily happily quickly quietly sadly slowly

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