



LANGUAGE

BACHILLERATO

project 7 - EXAM

5 learning accordions for a better world

YOGA  
and  
MEDITATION

Guide for Spiritual, Physical, & Mental Growth



LISTEN

LIVEWORKSHEETS

### Interesting facts

A POLYGLOT is someone who dedicates their life to learning many languages.

A linguist is someone who studies the many different aspects of languages in a scientific way through experiments and observations.

Linguists study things like how the brain works with language (psycholinguistics), how men and women or people from different places speak differently (sociolinguistics), the sounds of language (phonology), and other issues related to language.

1. Listen to a linguistic talk about the do's and don'ts of studying a language.



	You will become fluent	You won't become fluent
If you repeat words twenty times,....	<input type="checkbox"/>	<input type="checkbox"/>
If you memorize lists of adverbs,....	<input type="checkbox"/>	<input type="checkbox"/>
If you practice verb formulas,....	<input type="checkbox"/>	<input type="checkbox"/>
If you read a lot in English,....	<input type="checkbox"/>	<input type="checkbox"/>
If you do things you like in english,....	<input type="checkbox"/>	<input type="checkbox"/>

minute 1:

liveworksheets

Read and Write TRUE or FALSE

How could you become fluent in a foreign language?

VIDEO: min 1:52

a) Read a gossip magazine.

b) Watch some programs or shows on TV.

c) Repeat a word ten times in a row.

d) Work with formulas for verbs.

e) Read and listen to much English

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## YOGA AND MEDITATION

MATCH. (Reading Yoga and Meditation)

They are all yoga poses.

is an exercise for the mind and spirit

the benefits of yoga and meditation in

your body and mind.

Yoga

It helps you to relax and it reduces stress

One of health benefits

"union of the body and mind".

It increases

Mountain, tree, triangle, chair.

Meditation

flexibility, strengthens your muscles.

