

## An amazing park

Pumalin Park in Chile is one of the largest nature reserves in the world. Pumalin means place for pumas, and the park covers an area of 650,000 acres, 70% of which are rainforests. It's the \_\_\_\_\_ (idea) place for nature lovers with trails and bridges which were built by the local inhabitants. Time seems to stand still in this \_\_\_\_\_ (usual) park. Among the many \_\_\_\_\_ (attract) are waterfalls, streams and volcanoes as well as the \_\_\_\_\_ (true) amazing rainforests where you can see the magnificent alerce trees which are \_\_\_\_\_ (protect) by law; they grow up to 40 metres tall and live up to 3000 years! The \_\_\_\_\_ (accommodate) in the park consists of small cabins, all of which have \_\_\_\_\_ (impress) views. The nature reserve was developed by the multimillionaire Doug Tompkins, who turned to \_\_\_\_\_ (environment) work to help to preserve \_\_\_\_\_ (threaten) wildlife and ecosystems.



## I love yoga



I had stopped going to the gym out of \_\_\_\_\_ (bore). I couldn't stand having to sweat so much. Besides, the gym was nowhere near my \_\_\_\_\_ (neighbour) and having to take a crowded bus to get there really put me off going. Then, one day, my friend Tina asked me to come along to her yoga class. I was \_\_\_\_\_ (worry) that it might involve standing on my head or doing some other \_\_\_\_\_ (possible) tasks so I made up an excuse to get out of it. Fortunately, Tina didn't take 'no' for an answer and after a lot of nagging I finally gave in and went along. I was \_\_\_\_\_ (pleasant) surprised – it was fun! The \_\_\_\_\_ (instruct) started off by telling us a bit about yoga. Yoga means 'union' and has been practised in India for over 5,000 years. It's great for keeping fit and improving overall mental health. It's no wonder it's the latest \_\_\_\_\_ (fit) craze. There are various styles of yoga; we did hatha yoga which is the most \_\_\_\_\_ (wide) practised form and focuses on breathing and \_\_\_\_\_ (relax). Although some of the exercises were \_\_\_\_\_ (challenge), afterwards I felt \_\_\_\_\_ (perfect) clam.