

WHILE WATCHING

3  Watch the video. Circle the correct answers.

- 1 The students think that yoga has _____ them.
a helped b bored c excited
- 2 The program teaches yoga in _____ .
a reading classes b math classes c school
- 3 Yoga connects your _____ , your feelings, and your body.
a heart b dreams c mind
- 4 Most students say that after yoga they're more ready to _____ .
a study b learn c work
- 5 Since the yoga classes began in the school, _____ have improved.
a test scores b physical fitness c emotions

4  Watch the video again. Circle the words you hear.

- 1 Sometimes it takes a lot of courage to just be a little bit more still and not *busy* / *happy*.
- 2 I forget about the *sad* / *bad* things that are happening.
- 3 I feel happy and *serious* / *calm*.
- 4 She first turned to yoga as *an overworked* / *a stressed-out* school teacher.
- 5 I think a real benefit is learning a process for internal *listening* / *studying*.

UNDERSTANDING
MAIN IDEAS

UNDERSTANDING
DETAILS