



"Unit 4: Mind and Body"

Name: _____ Date: _____

Learning Outcome: To identify specific and general information from a recording about yoga movements. (OA 01)

(Una vez terminada la guía debe ser enviada al correo nicolas.arrue@liceoelvirasanchez.cl)

I. **Listen to the audio sent to your whatsapp group and develop the following activities.**

Escucha el audio enviado a tu grupo de whatsapp y desarrolla las siguientes actividades.

"Vocabulary"

II. **Select the words into verbs and parts of the body. (1 pts. each)**

arms | back | breathe | mouth | exhale | feel | inhale | nose
 palms | stand up | lie down | side | hand | eyes | sit down

Parts of the body: arms _____.

Verbs: _____.

III. **Read about Yoga and answer the questions. (2 pts. each)**

- 1 Where did yoga originate? *India*
- 2 How can yoga help students?
- 3 Name three yoga exercises.

Yoga originated in India thousands of years ago. Today some teachers in Britain are doing yoga exercises in class to help students relax and concentrate more. Simple yoga exercises, for example breathing, visualizations and chanting can improve students' schoolwork.



"Listening"

IV. **Listen to the audio and order the questions. (2 pts. each)**



V. Match the sentences with the pictures. (2 pts. each)

- 1 Put your arms at your sides. *Picture b*
- 2 Sit down and relax.
- 3 Chant as you exhale.
- 4 Lie on the floor on your backs.
- 5 Feel the sounds in your body.
- 6 Imagine that you are outside.

VI. When does the teacher ask students to do this? (2 pts. each)

- 1 Imagine they are in another place.
Picture a
- 2 Breathe in and out three times.
- 3 Focus on sounds inside their bodies.
- 4 Focus on colours and images.
- 5 Check the position of their hands.
- 6 Repeat after the teacher.

