

Learning English podcasts ... from the
Hellenic American Union©

Level: Intermediate

Lesson: 11

Title: "Yoga"

Summary:

Vanessa and Denise are talking about yoga.

Welcome to the **Learning English Podcasts** produced by the Hellenic American Union.

In this broadcast, Vanessa, Denise and Nick are in the middle of a live show in a radio studio. Listen to their conversation and answer the question that follows about the main idea.

Dialogue:

Vanessa: Welcome to the *Health Freaks Show*. Denise is here with us today to tell us a few things about yoga and its benefits. Nick you might wanna listen carefully if you really wanna get rid of those back pains of yours. Denise?



Denise: Hi, everyone. Well, Nick, yoga **could be the answer to your problems**. Yoga experts claim they can help people with back problems.



Nick: Hmm... can they? Cause I'm not fit at all, you know ...**The bottom line** is that my job is quite sedentary and ... I guess, you think I'm trying to justify myself but.. OK. I have to be honest. I can't really remember the last time I went to the gym to **work out**.



Denise: **I get the picture** Nick! It's kinda ironic, though. I mean, you're the co-presenter of a health show, after all...

Nick: Right! Anyway, can people like me take up yoga?

Denise: They most certainly can.., and, the sooner the better. You see yoga isn't just a better treatment for back pain it's THE treatment!

Nick: So yoga can actually lessen the pain?



Denise: **That too!**

Vanessa: Why? What else can yoga do for us?

Denise: You mean **besides** helping you relax, get back into shape, plus stay focused longer?

Vanessa: Hmm... I think I got my answer.

Denise: Yoga can lead to both physiological and spiritual mastery, if practised long enough.

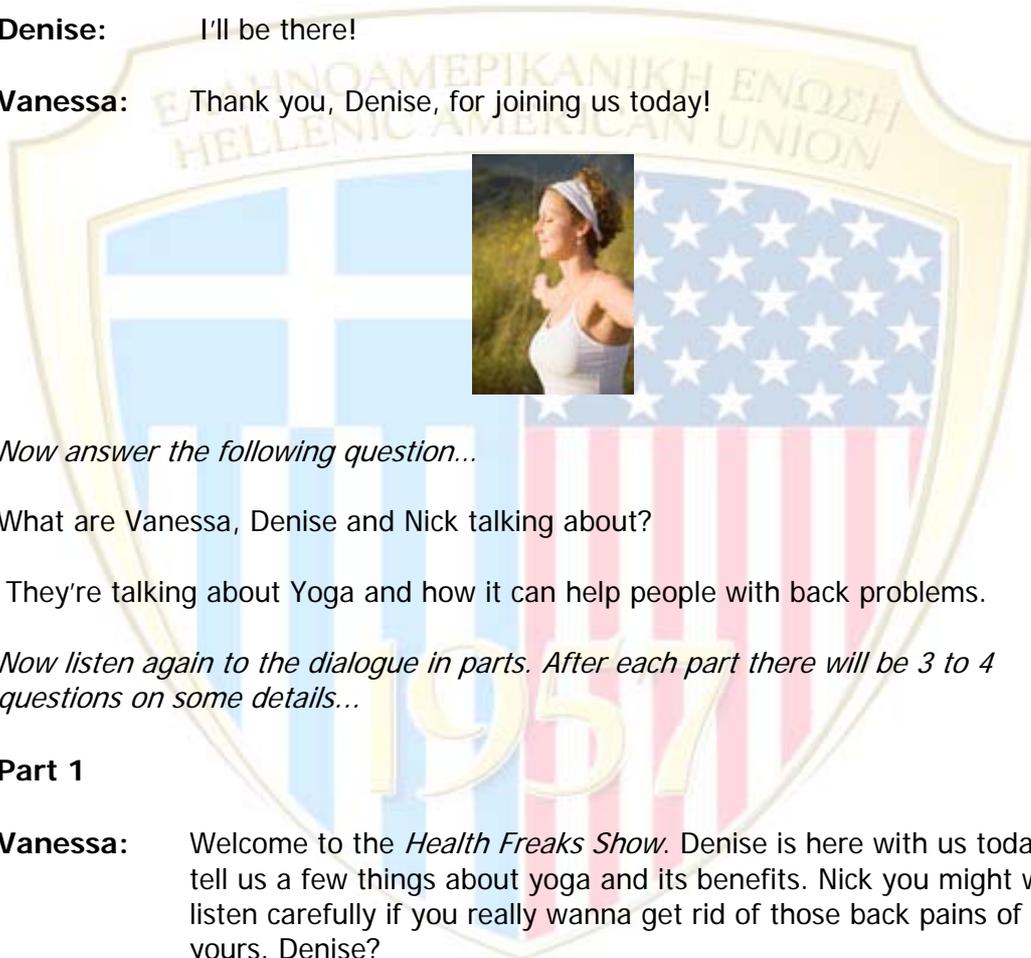


Nick: **Now, who would've guessed that!** See ya at the fitness club tomorrow!



Denise: I'll be there!

Vanessa: Thank you, Denise, for joining us today!



Now answer the following question...

What are Vanessa, Denise and Nick talking about?

They're talking about Yoga and how it can help people with back problems.

Now listen again to the dialogue in parts. After each part there will be 3 to 4 questions on some details...

Part 1

Vanessa: Welcome to the *Health Freaks Show*. Denise is here with us today to tell us a few things about yoga and its benefits. Nick you might wanna listen carefully if you really wanna get rid of those back pains of yours. Denise?

Denise: Hi, everyone. Well, Nick, yoga **could be the answer to your problems**. Yoga experts claim they can help people with back problems.

Nick: Hmm... can they? Cause I'm not fit at all, you know ...**The bottom line** is that my job is quite sedentary and ... I guess, you think I'm trying to justify myself but.. OK. I have to be honest. I can't really remember the last time I went to the gym to **work out**.

Denise: **I get the picture** Nick! It's kinda ironic, though. I mean, you're the co-presenter of a health show, after all...

Now answer some questions...

1. Denise says: "Nick, yoga **could be the answer to your problems.**" What is Denise implying?

When Denise says "yoga could be the answer to your problems," she means that yoga may help Nick with his problem.

2. Nick says: "...**the bottom line** is that my job is quite sedentary and..." What does "the bottom line" mean?

"The bottom line" means "most importantly." So here Nick is saying that the most important reason that keeps him away from the gym is his work.

3. Nick says: "I can't really remember the last time I went to the gym to **work out.**" What does "work out" mean?

"Work out" here means exercise.

4. Denise says: "I **get the picture.** Nick" What does "I get the picture" mean?

When Denise says "I get the picture" she means "I understand."

Now listen to the second part of the dialogue.

Part 2

Nick: Right? Anyway, can people like me take up yoga?

Denise: They most certainly can.., and, the sooner the better. You see yoga isn't just a better treatment for back pain it's THE treatment!

Nick: So yoga can actually lessen the pain?

Denise: **That too!**

Vanessa: Why? What else can yoga do for us?

Denise: You mean **besides** helping you relax, get back into shape, plus stay focused longer?

Vanessa: Hmm... I think I got my answer.

Denise: Yoga can lead to both physiological and spiritual mastery, if practised long enough.

Nick: **Now, who would've guessed that!** See ya at the fitness club tomorrow!

Denise: I'll be there!

Vanessa: Thank you, Denise, for joining us today!

Now answer some questions...

1. Denise says: **"That too!"** What does "that too" mean?

When Denise says "that too!" she implies that yoga can offer more things as well.

2. Denise says: "You mean **besides** helping you relax, get back into shape, plus stay focused longer?" What does "besides" mean?

"Besides" means "in addition to"; so here Denise is trying to think of more things that yoga can offer us, in addition to relieving pain.

3. Nick says: **"Now, who would've guessed that!"** What is Nick implying?

When Nick says "Now, who would've guessed that!" he is showing his surprise at how yoga can help people.

Please visit our site at www.hau.gr to find the transcripts, explanations and activities.

GLOSSARY

Benefit (noun): an advantage that something gives you.
e.g. the benefits of modern medicine.

Claim (verb): to say that something is true although it has not been proved and other people may not believe it.
e.g. Scientists claim they have made a major breakthrough in the fight against cancer

Get rid of (verb): to make yourself free of something that is annoying you or that you do not want.
e.g. I was glad to be rid of the old car when I finally sold it.

Justify (verb): to show that somebody / something is right or reasonable.
e.g. How can they justify paying such huge salaries

Lead (verb): to begin a process that causes something to happen.
e.g. Stress can lead to physical illness.

Lessen (verb): to become smaller in amount, level, importance etc or make something do this.
e.g. Treatment will lessen the pain.

Sedentary (adjective): involving a lot of sitting and not much exercise.
e.g. a sedentary lifestyle.

Take up (verb): to start or begin something such as a job or hobby
e.g. They've taken up golf now that they have retired.

Treatment (noun): the process of providing medical care.
e.g. These drugs are for the treatment of skin diseases.

Work out (verb): to do physical exercise as a way of keeping fit.
e.g. Both my kids work out at the gym every day.

ACTIVITIES

Activity 1

Practice using the words in the glossary. Choose the most appropriate word from the glossary to complete the following sentences.

1. Julia jogs almost every morning because of the _____ office job she has.
2. They were taken to the nearest hospital for _____ for burns.
3. Hopefully, the talks will _____ to an agreement.
4. In order to _____ traffic, the city authorities have decided to construct a new highway.
5. Martha likes to _____ regularly in order to keep fit.
6. After half an hour he couldn't see the _____ of arguing any more.
7. Some people _____ that their spirit is able to leave their body while they are doing yoga.
8. The problem for many countries with nuclear power stations is how to _____ of the nuclear waste.
9. The prime minister has been asked to _____ her decision to parliament.
10. She wants to _____ the violin, but I think she should start learning to play the guitar.

Activity 2

Complete the sentences with the full infinitive or the bare infinitive of the words below.

Afford	Do	Get	Help	Play
Run	See	Stop	Take	Tell

1. The treatment was too expensive for her _____ .
2. The doctor didn't seem happy _____ her again.
3. You really should _____ more exercise if you want to stay fit.
4. The weather has been too wet for us _____ tennis recently.
5. It is not hard for someone _____ up yoga.
6. He tried _____ up the stairs, but he was too unfit to make it all the way to the top without a rest half way.
7. My yoga teacher offered _____ me with my back problem.
8. Thank you ladies and gentlemen. I'm here _____ you that miracle diet pills can work.
9. I think you had better _____ thinking so much about the problems in life we all face.
10. What you should try _____ is focus on the positive side of life.

KEY TO ACTIVITIES

Activity 1. 1. sedentary 2. treatment 3. lead 4. lessen 5. work out 6. benefit 7. claim 8.get rid of 9. justify 10. take up

Activity 2. 1. to afford 2. to see 3. take 4. to play 5. to take 6. to run 7. to help 8. to tell 9. stop 10. to do