
ProTalk
Discussion Files
C1. Yoga
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Goals

- Can read and understand an in-depth text on the topic of yoga.
- Can explain the potential health aspects of yoga and share my own views as part of an extended discussion.



What do you think?

The practice of **yoga** encompasses **spiritual**, **mental** and **physical** aspects**.**

Greater flexibility, lower blood pressure, mindfulness.

These are just a handful of the practice's **purported health benefits**.

Yoga

Have you ever practised or watched someone else do yoga?

Tell your teacher about your experience.



Yoga



Since the 1980s, yoga has exploded in popularity across the world.

Why do you think it is so popular?

Reasons

What are some reasons why a person might practise yoga?

Talk to the teacher.





Health?

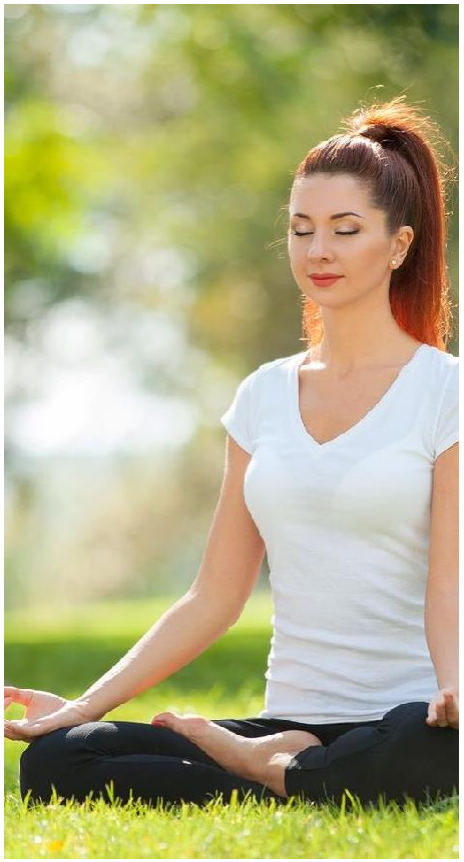




Spirituality?

Read the text and summarize it.

Yoga



Yoga is a mental, physical and spiritual practice which has **exploded in popularity** in the West in recent decades. Originating in ancient India, yoga has historical links to Hinduism and Buddhism. Yoga is a broad concept, meaning different things to different people – some use it as a form of low-impact exercise, holding stretches and practising breathing exercises in a therapeutic way. Practitioners in Indian tradition view yoga as more than simply physical exercise however – it is a meditative and spiritual practice which **encompasses insight**, tranquillity, and serves as a path to **enlightenment**.

Read the text and summarize it.

Yoga

Yoga is widely believed to provide a range of health benefits to its practitioners, being said to reduce stress, improve flexibility and strengthen the body. It is also said to reduce lower back pain. Despite extensive research, there is little evidence that proves yoga's much **vaunted** health benefits. On the contrary, yoga can cause injury to the **uninitiated** or those who practise with **unqualified** instructors. Torn muscles, spinal damage and back injuries are risks for those who overestimate their capabilities. Most experts recommend yoga, and cite increased mental awareness and core strength as beneficial, assuming the instructor is a **thoroughly**-trained professional.

The origins and early development of yoga are still vague – the only **consensus** is that it developed in ancient India and was practised for thousands of years before any formal records were made of its development. Yoga is referenced in many of the early Sutras, the foundational texts of Hindu philosophy.



Make your own sentences using the new words.

to encompass	Our nation **encompasses** a range of different cultures and beliefs.
insight	I value these articles for their wisdom and **insight**.
enlightenment	Buddha is said to have reached **enlightenment** under a fig tree.
uninitiated	The **uninitiated** monks were led into their sleeping chambers.



Make your own sentences using the new words.

unqualified	He had a great attitude but was ultimately **unqualified** for the position.
consensus	There is a growing **consensus** that technology is changing how we think.
thoroughly	I **thoroughly** enjoyed myself last night.
to vaunt	To speak proudly about something or praise it, even boast about it. The adjective is **vaunted**.

Categorise and discuss

Categorise the reasons why yoga has grown so much in popularity. Discuss your choices with the teacher.

Low cost of entry	Trendiness	It is easy to start	Flexible styles and approaches
Media attention	Lack of health risks involved	Awareness through popular culture	Its non-competitive nature
Celebrity endorsement	Health and fitness benefits	Reaction to fast pace of modern life	Therapeutic aspects

Likely	Unlikely

Answer the questions in relation to the quote below

“Despite extensive research, there is little evidence that proves yoga’s much vaunted health benefits.”



1. Why might proof of the health benefits of yoga still be elusive?

2. Why does yoga hold such a healthy reputation?

3. What are some ways to minimise risks of injury while practising yoga?

Is it true?

enlightenment

Reaching a state of intellectual or spiritual transcendence is also known as reaching **enlightenment.**



Many practitioners of Buddhist principles are on the path to **enlightenment**..

Stakeholders

Discuss the reasons why the people below practise yoga. Are they all valid reasons? Why (not)?

My social media following really spiked when I started uploading selfies of my yoga poses.



Marlene



Martin

I don't like going to the gym. Yoga is a great way to get a beach body ready for summer!

It's a great way to have a break from sitting in my office chair all day.



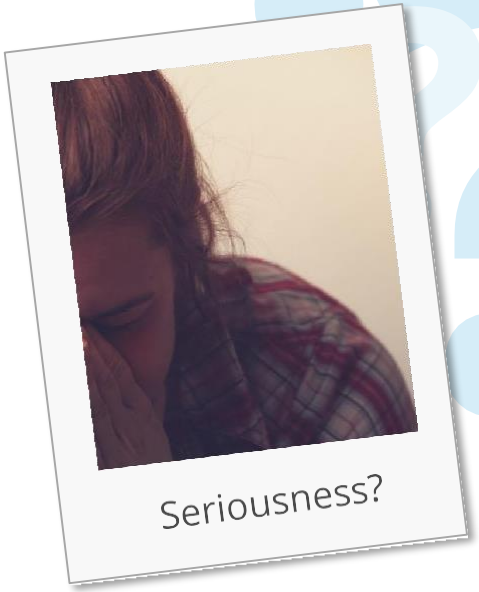
Frankie



Chris

I find my levels of energy, concentration and mood all lifted when I managed to fit in a session of yoga.

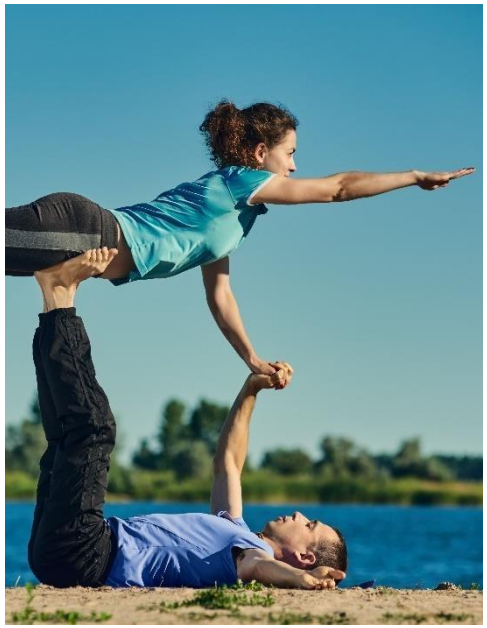
How is yoga generally presented in pop culture?





Parody

Having entered the mainstream and become more and more commercialised, yoga is increasingly being viewed with humour. Thinking about this, answer the questions below.



1. Have you seen any examples of parody of yoga or yoga teachers?

2. Did you find it entertaining? Do you find parodies in general entertaining? Why (not)?

3. What exactly do you think makes yoga a target for parody and humour of this kind?

Contradictions

**‘“Yoga fashion’ does raise questions about the mentality and reasons why many practise yoga in the first place.”
Talk to the teacher about the contradictions in modern approaches to yoga. What is your opinion on all of this?**



‘Yoga selfies’ – the export of an introspective practice on social media platforms.

‘Yoga glamour’ – the majority of marketing and images portraying yogis as slim, young, attractive women.

’Yoga fashion’ – branded yoga pants and yoga mats worth hundreds of dollars.

Talk

Yoga

What aspects of yoga appeal to you?

Would you be interested in trying or continuing it in the future?

“I find the links between yoga and levels of concentration very interesting. It seems like an effective way of forging links between the mind and body”.

Presentation

Prepare a two-minute presentation about one of the topics below. Include several reasons to support your point of view.
Give your presentation to the class. Answer questions and get feedback.

- Yoga has exploded in popularity in recent years.
- Yoga is not without its risks.
- Yoga's spiritual traditions are linked closely with Hinduism and Buddhism
- Meditating and yoga practice are great ways to practise mindfulness
- Yoga is a great way to stay healthy and mentally fit
- Modern yoga is riddled with contradictions