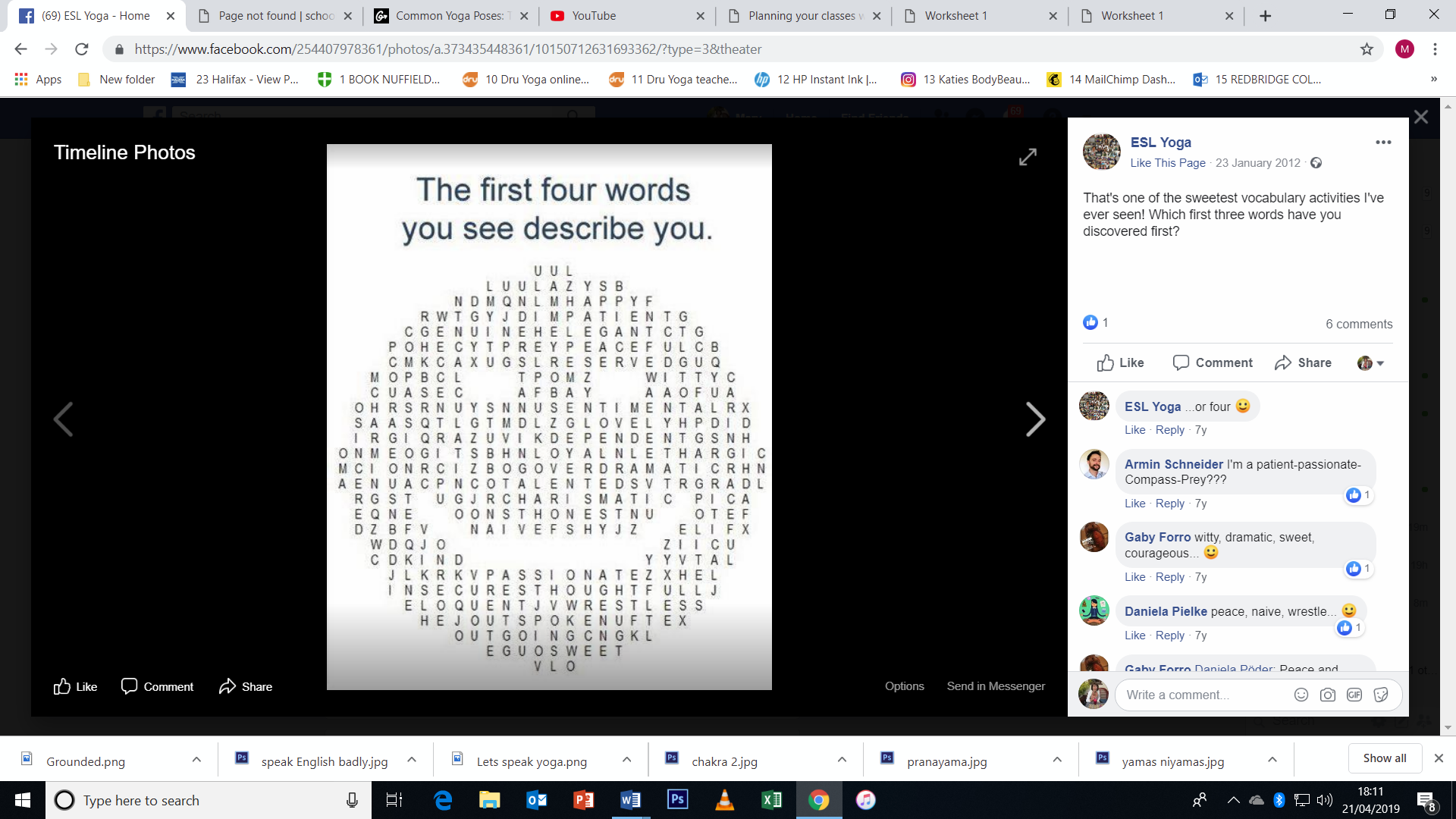
**Welcome to Yoga at NCC Redbridge**

Yoga is becoming more and more popular around the world. What is it, where did it come from and what are the health benefits of doing yoga? By the end of today’s session you should have the answers to all these questions….

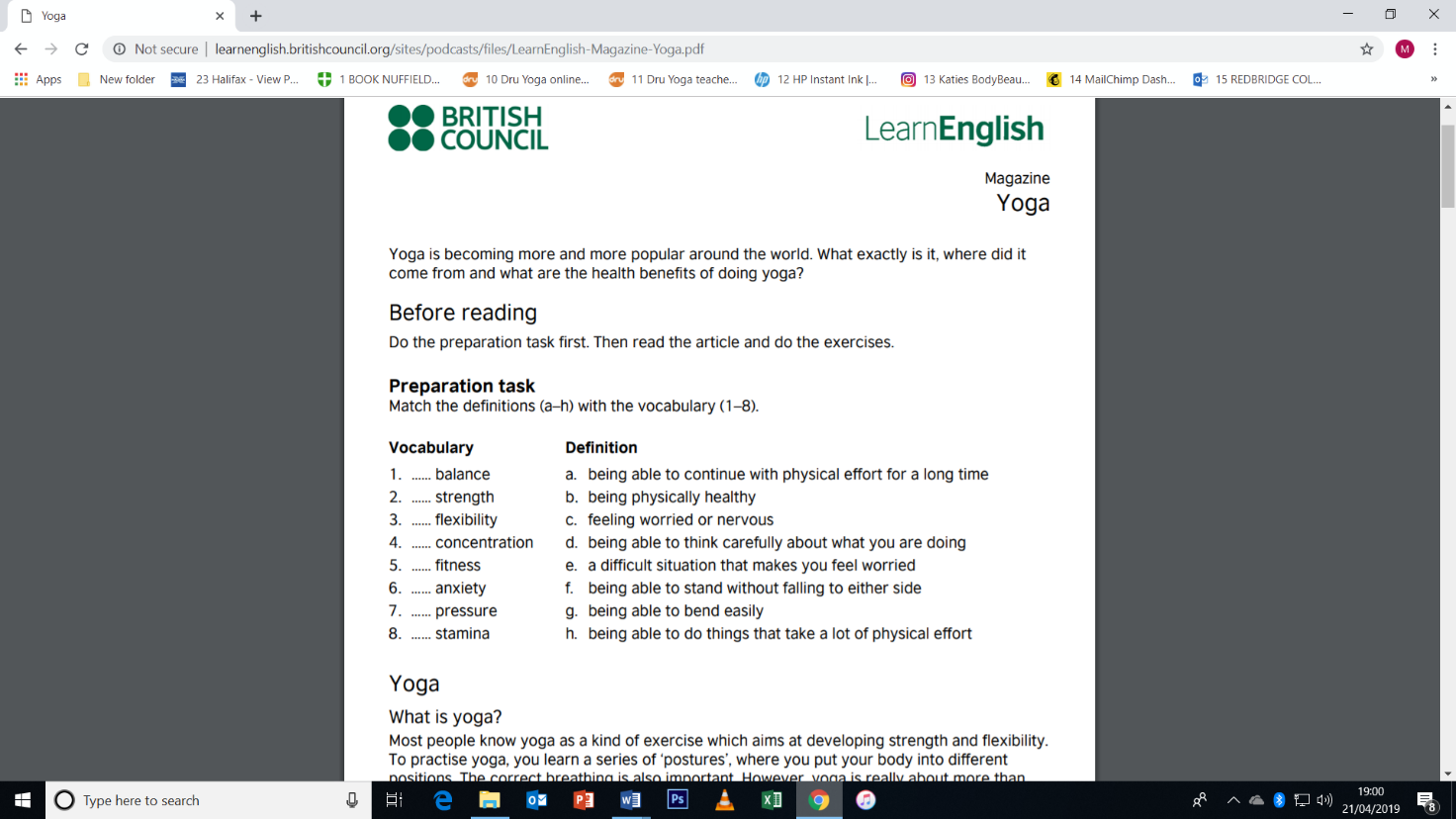
**Adjective Search**



Complete the sentence with three positive adjectives from the smiley face (above):

I am ………………………………………………………………………………………………………………………

Keep smiling and thinking positive thoughts.  
It really works!

**Yoga helps with the following - Match the definitions**<http://learnenglish.britishcouncil.org/magazine/yoga> **What is yoga?**Most people know yoga as a kind of exercise which aims at developing strength and flexibility. To practise yoga, you learn a series of “postures”, where you put your body into different positions. The correct breathing is also important. Yoga is much more than a form of exercise. It is good for the mind and the body. Regular practice of yoga helps people to improve their balance and stamina. It helps to keep your heart healthy and you can even lose weight. The breathing taught in yoga can help people to reduce stress and anxiety. Yoga also improves concentration and helps people to sleep better so it’s great for anyone who’s under pressure at work or in their studies.

**Types of yoga**There are many different types of yoga. Although yoga is an ancient practice, yoga as we know it today developed during the last century and new types of yoga are being “invented” almost every day. Some of them are listed below but not all of them are “real”. Can you find the made up ones?

|  |  |  |  |
| --- | --- | --- | --- |
| **Goat** | **SUP** | **Laughter** | **Dru** |
| **Doga** | **Bikram** | **Chicken Nugget** | **Beer** |
| **Vinyasa** | **Granny** | **Chair** | **ESOL** |
| **Jivamukti** | **Iyengar** | **Yin** | **Ashtanga** |
| **Aero** | **Baby** | **Outdoor** | **Couch Potato** |
| **Broga** | **Rocket** | **Banana** | **Hatha** |

**Useful links**

**Class resources:**

British Council introduction to yoga worksheet (E3 to L2): <http://learnenglish.britishcouncil.org/magazine/yoga>

One Stop English lesson: <http://www.onestopenglish.com/community/lesson-share/pdf-content/grammar/grammar-yoga-in-the-classroom-lesson-plan/154561.article>

**Yoga Projects working with refugees and asylum seekers**

**Our Mala**: <https://www.ourmala.com/>

Hackney City Farm: Monday evening Yin and Meditation yoga: <http://hackneycityfarm.co.uk/news/meditation-yin-yoga-at-7pm-on-mondays>

Hackney teacher website: <https://www.myyogafitnessldn.com/classes>

Trauma informed impact (Our Mala research document): <https://www.ourmala.com/wp-content/uploads/Trauma-informed-yoga-for-refugees-and-asylum-seekers-independent-report-June-2018.pdf>  
Independent report (Our Mala research document): <https://www.ourmala.com/wp-content/uploads/Independent-impact-report-Ourmala%E2%80%99s-trauma-informed-yoga-programme-August-2018.pdf>

**How does yoga make you feel????**Film how yoga helps people who have experienced trauma: <https://www.youtube.com/watch?v=ytCPAS7Y6uo>

**ESOL / Yoga resources**

Canadian Study Book link (including vocabulary for yoga teachers with ESOL needs): <http://www.eslyoga.com/index.php/product/227/>

**Dru Yoga:** <https://druyoga.com/yoga/what-is-dru-yoga>  
**British Wheel of Yoga BWY:** <https://www.bwy.org.uk/>

**Please visit Mary’s website:**

[**www.bodyandsoulyoga.org**](http://www.bodyandsoulyoga.org)

**Facebook Pages : Yoga in Raphaels Park / Body and Soul Yoga**

**STARTING 24th APRIL 2019  
Yoga for ESOL course – Wednesday 12.30 to 2.00pm: NCC Redbridge (Ilford)  
£44 for 5 classes**

**Anatomy (parts of the body)**

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