



1 Work in groups. Which of these ideas are true about yoga, do you think?

- A It's hard work.
- B It's easy and not really a sport.
- C It makes you feel great.
- D You need yoga clothes and trainers.
- E It's only for very fit people.
- F Everyone can do it.

2 Listen to the conversation between Lucy and Hugo. Tick the ideas in Exercise 1 which Hugo says are true about yoga.

3 Listen again for more information about these details. Write one or two words. Sometimes more than one answer is possible.

- 1 a place where people keep fit
- 2 a team sport
- 3 a type of shoes
- 4 two parts of the body
- 5 a person in Lucy's family

4 In groups, think of a sport and make a list of reasons to do it. Then tell the class. Use these phrases and your own ideas.

It's good for your ...

It makes you feel ...

It helps you ...

You meet ...

Example

We like tennis. The best reason for playing tennis is that it's fun! But it's also good for your body. For example, it gives you strong arms ...