

TED Lesson: What yoga does to your body and brain

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https://www.ted.com/talks/krishna_sudhir_what_yoga_does_to_your_body_and_brain

Warm - up:

1. Have you ever tried yoga?
2. How do you keep your mind and body healthy?
3. How would you rate your current health level from a scale of 1 to 10? (10 means very healthy)

Vocabulary:

Traditions
 Restraining
 Incorporate
 Postures
 Unique
 Flexibility
 Robust
 Twisting

Constrict
 Tolerance
 Therapeutic
 Chronic
 Cardiovascular disease
 Psychological
 Anxiety
 Reflect

Comprehension:

1. When did the yoga techniques started to get recorded? Where and who started recording it?
2. What are the three core elements of yoga?
3. What are the health benefits of yoga?
4. Why is it difficult to make specific scientific claims about yoga's advantages?

Discussion Questions:

1. How often do you exercise?
2. What kind of exercises have you tried?
3. Do you think mental health is more important than physical health?
4. What are some ways to improve you mental and physical health?