



แบบฝึกหัดประกอบการจัดกิจกรรมการเรียนรู้ รายการภาษาอังกฤษเพื่ออาชีพ

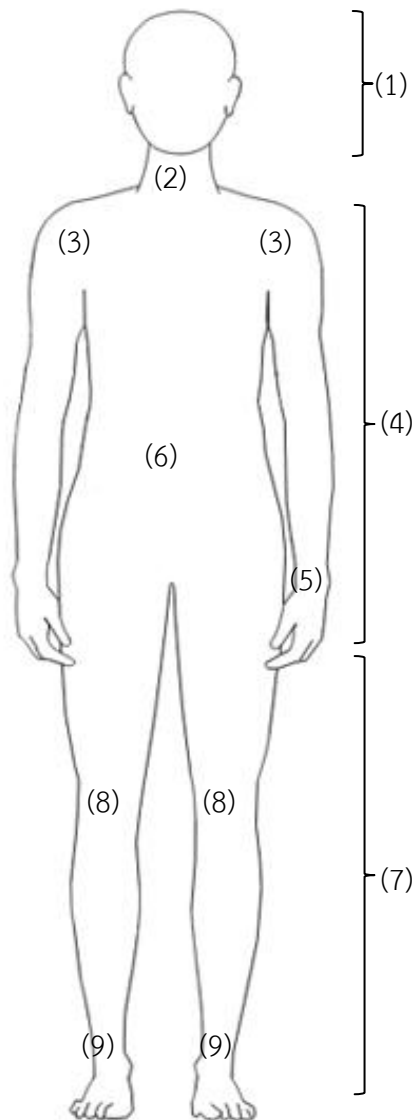


ตอน Yoga Instructor ครูสอนโยคะ

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Exercise 1: Name each body part. Note that there are also words that are not introduced in the video clips. Consult a dictionary if necessary.



(1) \_ E \_ \_

(2) \_ \_ C \_

(3) S \_ \_ \_ \_ \_ S

(4) \_ \_ M

(5) W \_ \_ \_ \_

(6) S \_ \_ \_ \_ C \_

(7) \_ \_ G

(8) \_ \_ E \_ S

(9) \_ \_ K \_ \_ S

**Exercise 2:** From the clues, unscramble the letters given into words.

1. This is what you do when you take air in and let it out through your nose or mouth.

ABEEHRT \_\_\_\_\_

2. This is a set of bones that forms a curve along your back.

EINPS \_\_\_\_\_

3. This is what you do when you extend something or make something longer.

EEGHLNNT \_\_\_\_\_

4. This is what you may have if you sit and work in front of a computer a lot.

CEFFIO DEMNORSY \_\_\_\_\_

5. If you have this quality, you will be able to bend or twist your body.

BEFIIILLTXY \_\_\_\_\_

6. This is what you do when you make something such as your muscles stronger.

EEGHNNRSTT \_\_\_\_\_

7. This is what you do when you put your body in a position where it is steady and does not fall.

AABCELN \_\_\_\_\_

8. This is the inner surface of your hand between your wrists and fingers.

ALMP \_\_\_\_\_

9. This is what you do when you take in air through your nose or mouth.

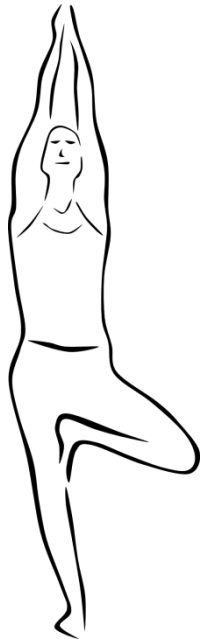
AEHILN \_\_\_\_\_

10. This is what you do when you let air out through your nose or mouth.

AEEHLX \_\_\_\_\_

Exercise 3: Part 1: Fill in the blanks with the following verbs to complete the instructions for a yoga pose called the tree pose.

### Vriksasana (Tree Pose)



*place press raise balance hold gaze*

1. Stand up straight with your arms beside you.
2. \_\_\_\_\_ your arms up and \_\_\_\_\_ your palms together above your head.
3. Keep your arm straight and \_\_\_\_\_ at your thumbs.
4. Lift your left leg up and \_\_\_\_\_ your left foot on your right thigh.
5. \_\_\_\_\_ yourself and \_\_\_\_\_ the pose for about 10 seconds.

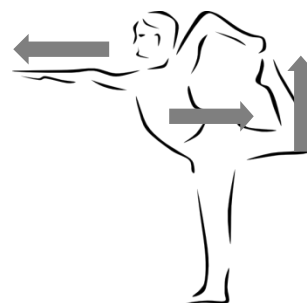
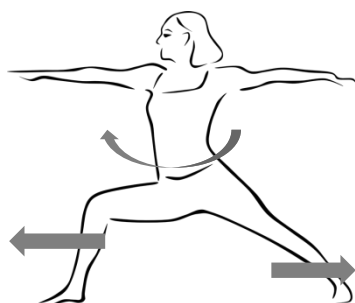
Part Two: Some of the movement verbs are often used with adverbs or prepositions to describe the direction of the movement. Fill in the blanks with these adverbs and prepositions.

backward (x2)

forward (x2)

towards

to the side





Kick your left leg \_\_\_\_\_.

Bend \_\_\_\_\_.

Bend your right knee \_\_\_\_\_.

Point your right hand \_\_\_\_\_.

Twist your body \_\_\_\_\_.

Point your foot \_\_\_\_\_ the ceiling.

Part Three: Using the verbs from Part One and the video clips and the adverbs and conjunction from Part Two, write instructions for the following exercises that you can do in your office to help alleviate office syndrome.



(1)



(2)



(3)



(4)

(1) \_\_\_\_\_  
\_\_\_\_\_

(2) \_\_\_\_\_  
\_\_\_\_\_

(3) \_\_\_\_\_  
\_\_\_\_\_

(4) \_\_\_\_\_  
\_\_\_\_\_



**Exercise 4:** Part One: Identify who is more likely to say the following statements. Put (Y) in front of those said by yoga instructors and (S) in front of those said by students.

- \_\_\_\_\_ (a) My hamstrings feel so tight.
- \_\_\_\_\_ (b) This pose will help stretch your arms, your back, and legs.
- \_\_\_\_\_ (c) We will hold this pose for five breaths.
- \_\_\_\_\_ (d) Try not to breathe through your mouth.
- \_\_\_\_\_ (e) Have you ever done yoga before?
- \_\_\_\_\_ (f) I want to get healthier and improve my flexibility.
- \_\_\_\_\_ (g) Then, bow forward.
- \_\_\_\_\_ (h) Why are you interested in yoga?

**Part Two:** Complete the dialog with the expressions given above.

Situation: A student is taking a yoga class for the first time.

Yoga instructor: (1) \_\_\_\_\_

Student: No, I have no prior experience.

Yoga instructor: That's alright. A lot of our students here never did yoga before their first session. (2) \_\_\_\_\_

Student: (3) \_\_\_\_\_. I sit way too much at work.

Yoga instructor: I see. Do you have any health condition?

Student: No, not that I can think.



Yoga instructor: Alright. Because this is your first time, we're going to start with the basic principles and poses. First of all, you have to focus on your breathing. (4) \_\_\_\_\_

Student: May I ask why?

Yoga instructor: Because the heat that you've built up will escape. Try to breathe through your nose instead.

Student: I see.

Yoga instructor: We will start with one of the most basic poses. This one is called the downward-facing dog. (5) \_\_\_\_\_. First, stand at the top of the mat, and relax your body.

(6) \_\_\_\_\_. Place your hands on the mat right next to your feet, and step backward with both feet, forming a triangle. Try to push your hips up, and lay your feet flat on the mat.

Student: (7) \_\_\_\_\_

Yoga instructor: In that case, you can bend your knees a little. Focus on breathing.

(8) \_\_\_\_\_

**แบบฝึกหัดเพิ่มเติม: กิจกรรมฝึกพูดในห้อง**

1. ให้นักเรียนแบ่งกลุ่ม 4-5 คน ให้แต่ละกลุ่มไปค้นวิธีการออกกำลังกายอย่างง่ายมาสอนเพื่อนในห้องเรียนในคาบถัดไป นักเรียนแต่ละกลุ่มจะต้องนำเพื่อนออกกำลังกายเป็นภาษาอังกฤษ เน้นให้ใช้ประโยคคำสั่งและใช้กริยาที่เกี่ยวกับการเคลื่อนไหวร่างกายประกอบกับวิเศษณ์และบุพบทที่บอกทิศทางการเคลื่อนไหว

หมายเหตุ: บทเรียนนี้ใช้สอนเรื่องประโยคคำสั่งเกี่ยวกับท่าทาง สามารถใช้แบบฝึกหัดเพิ่มเติมจากเทพครูสอนมวยไทยได้