Feeling balanced ANSWERS

Comprehension

Watch the video here: https://youtu.be/YjaLB1GBmlg

1. Watch the video. Order the things he says. Write numbers 2 to 5:

   a. Balance means happiness. **3**

   b. Balance means determination. _ *1* _

   c. Balance means yoga. **5**

   d. Balance means calmness. **2**

   e. Balance means clarity. **4**

2. Watch the video again. Answer the questions:

   a. How old was he was he started yoga *asana* (*asana* means the positions)? **7**

   b. What happened 12 years ago? **An accident that changed his life.**

   c. What does he try to do now? **Recognise his strength and accept his limitations.**

   d. Who does he try to pass his learning to? **His son and his students.**

Vocabulary

3. Match the words to their meaning:

a. determination	4 The quality that makes you keep trying even when something is difficult.
b. passion	3 A very strong feeling of love, hatred, anger, enthusiasm, etc.
c. limitation	1 Something that stops or controls you doing something.

d. clarity	5 Seeing, hearing, or thinking about something clearly.
e. strength	2 Being physically strong.

4. Put the words in the correct order:

are / The more / positive / you , become / you / the stronger .

The more positive you are, the stronger you become.

International English

Lalit is a yoga instructor at the Himalaya Yoga Valley Centre in India. He does not say what his first language is. There are 22 official languages of India, including Sanskrit, Hindi, and English, but there are actually over 400 languages spoken.

5. Are Indian accents new / difficult for you to understand?

If yes, listen again and try to focus on his pronunciation. Do you notice any differences between your accent and his accent? Remember: different does not mean better or worse!

Answer key and discussion

Now watch the answer key video to learn about French accents:
https://youtu.be/s_QK3wMYCC0

7. Answer this question in the 'comments' on myenglishvoice.com:

What makes you feel balanced?

Hear my answer in the answer key video!