

MIND, BODY AND SOUL

Course Content -> General English

Level	C2
Age Group	Adults
Group Size	15
Lesson Duration	1 hour
Aims - Objectives: a/language b/skills c/study skills d/classroom dynamics e/ student - teacher development	Make statements, ask questions, and give long or short answers in the appropriate tense and voice. I will teach them yoga and after yoga we will talk about what they have experienced. The students will work together and the classroom dynamic will be positive and fun, maybe learning something physically that they never have learned before. The skills will be listening and speaking, using the right words and tenses, having a conversation, what they liked, what they didn't like, what they have learned, If they will follow a Yoga class again, what they would do different etcetera.
Assumptions	Maybe the students are not familiar with doing Yoga. This will be a challenge and they will like it in the end because It will be a fun class.
Expected Problems	The students will feel uncomfortable. But because they have a high level of English they can let eachother know how they feel. After doing yoga, when we start the conversation, maybe they are ashamed to talk about their inflexibility or their experience.

Materials	<ul style="list-style-type: none"> → Overview tenses → Exercise all tenses mixed → Explanation 'What is yoga' → Sheet of vocabulary of the six main branches of yoga → Video about yoga → Vocabulary (yoga positions) → 10 x yoga mats → Flashcards with yoga positions → White board
Warm-up (10 minutes)	<p>Review the previous class by giving examples on the whiteboard about all the tenses. Also hand out an overview about all the tenses and let the students make a short exercise about mixed tenses. This will be interactive and I will let every student talk and answer questions.</p>
Introduction (5 minutes)	<p>Talking about Yoga. Who knows something about this sport? Explain the most important points and what is fun to know.</p>

Presentation (10 time)	What are the six main Branches and do they know somebody in their family or some friends who is following Yoga? Show an introduction/short movie about 'What is yoga'.
Practice (15 minutes)	Hand out a vocabulary sheet and the Flashcards of yoga with the positions. We will do a quiz. I will divide the group in couples. Every couple get 7 flashcards and they have to write down which position is which without copying from the paper. After this we will check who has the most correct answers and they will get a chocolate bar.
Production (15 minutes)	We will start doing Yoga. I will give every student a mat and I will just let them overcome the exercise. They will listen and try to execute the movements. Maybe they remember some of the positions that they just have learned in class. This will be funny because they will getting to know something about the body, the mind and maybe the soul. We will talk about what they liked, what they didn't like, what they have learned, If they will start following a Yoga class online etcetera.
Closer / Wrap-up Activity (5 minutes)	Every students has to show a movement that they can remember from the practise in front of the other students. We will make a circle. Movements ensures remembering, what means that the combination of movements and words will help to capture the things they have learned.
Homework	Making one Yoga frase and teach to us the next class :)