

Complete Lesson Transcript – Lesson 231 [English]

Kirin: Chinese Learn Online lesson 231 .

Hello everyone , I'm Kirin .

Raphael: Hello everyone , I'm Raphael .

Adam: And hello, I'm Adam.

Kirin: Welcome to Taiwan and our progressive course teaching Mandarin Chinese .

Raphael: Why didn't you ask me what today's topic is ?

Kirin: Because I already know what it is . As well, I like today's topic very much .

Raphael: In that case please tell everyone what the topic you want to discuss today is .

Kirin: Yoga .

Adam: Yoga.

Raphael: Are you going to teach us how to do yoga ?

Kirin: You guessed right !

Raphael: But why would you like to use our website to teach us how to do yoga ?

Kirin: Because yoga in the past few years , is becoming more and more popular around the world . So today's lesson has two parts . In the first part , I will first introduce to you, when you take a yoga class , the words you might hear .

Raphael: Wow, so our students can learn Chinese while learning yoga . How convenient ! And what is the second part ? Are you going to teach them yoga ?

Kirin: Right .

Raphael: I was just joking . Are you really going to teach them ?

Kirin: Very good question . The next new word we are going to learn today is “video” .

Adam: Video.

Raphael: Wow, you're going to shoot a yoga video ?

Kirin: Right, I've already shot it .

Raphael: I want to see, I want to see . How come nobody ever tells me these things ?

Kirin: That's not important . What is important is, can you do yoga ?

Raphael: Umm, I can't even do a little .

Kirin: If you can't do yoga, then why do you want us to make a video of you doing yoga ?

Raphael: I don't want you to make a video for me . I just wanted to see the video that you've already made . Where can we see the video of you doing yoga ?

Kirin: Ah, our premium subscribers can visit our website to see today's yoga video .

Raphael: Wow, that's great ! So what new words are in the video ?

Kirin: The first is

Raphael: Action / movement .

Adam: Action or movement.

Kirin: So when you are taking a yoga class , most of the time , the teacher will ask you to do some actions .

Raphael: But it seems that there are many types of yoga, right ?

Kirin: You're right . So what we are going to pay attention to today is

Raphael: Meditation .

Adam: The literal meaning is "deep think", which together means meditation.

Raphael: Meditation .

Kirin: When you are meditating , most of the time , you have to pay attention to today's next new word to breathe .

Adam: To breathe.

Raphael: How is breathing related to meditation ?

Kirin: While you are meditating, you have to really pay attention to your breathing .
Actually in this part we have to

Raphael: To focus single mindedly .

Adam: To focus single mindedly.

Raphael: Wow, I had no idea that breathing was so important !

Kirin: Right ! Now there are two parts to breathing , To breathe in .

Adam: To breathe in.

Raphael: To breathe out .

Adam: To breathe out.

Raphael: Next, we have another new word which is

Kirin: To close .

Adam: To close.

Raphael: In that case, when can we use this new word ?

Kirin: Close your eyes .

Adam: Close your eyes.

Kirin: Close your mouth .

Adam: Close your mouth.

Raphael: So what are the benefits of meditation ?

Kirin: Very good question . These days, most people's lives or work includes some stress . So if you learn how to do meditation , this can help people decrease their stress a little .

Raphael: Now if your stress decreases , what is the result of that ?

Kirin: Ah, today's last new word is

Raphael: Mood .

Adam: Mood.

Kirin: If you have a lot of stress, your mood will also worsen . This way makes it easy to get angry at others . But if the stress in your life isn't so much , you can have a more relaxing mood , as well you will be happier .

Raphael: Ok, let's take a moment to review today's new words .

Kirin: Yoga .

Adam: Yoga.

Kirin: Video .

Adam: Video.

Kirin: Action / Movement .

Adam: Action or movement.

Kirin: Meditation .

Adam: Meditation.

Kirin: To breathe .

Adam: To breathe.

Kirin: To focus on a single item .

Adam: To focus on a single item.

Kirin: To breathe in .

Adam: To breathe in.

Kirin: To breathe out .

Adam: To breathe out.

Kirin: Mood .

Adam: Mood.

Raphael: Wow, today's lesson has a lot of new words . Our premium subscribers can visit our website chineselearnonline-com for more practice .

Kirin: As well as to see my yoga video .

Raphael: Ah, right . Keep at it !