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Li & Rosie: (*Sitting in lotus position*) Ommmmm...

Rob: Hi there... am I interrupting something?

Li: Hi Rob, we were just doing some yoga. Come and join us.

Rob: Alright then. (*To camera*) Yoga is not a real sport. It's easy.

Li: Rob thinks yoga is too easy for him. I think **he's in for a surprise** 他会大吃一惊的。

Rosie: Right, let's start. To do yoga you need to be **flexible** 灵活柔韧的。

Rob: Easy! Ooh my back!

Li: And you need to have **good balance** 良好的平衡能力。

Rob: Easy! (Rob tries a stretch) Ooh, maybe not.

Rosie: You also have to be **strong** 强壮的。

Rob: Easy! (Rob tries a stretch) Ooh, no, forget it!

Li: And you need to have **endurance** to keep going 要有耐力。

Rob: Now that's easy! (Rob tries a stretch and falls over) Ooh!

Rosie: And most importantly, **it helps you unwind**.

Li: 放松一下 unwind. Here's how you use it:

Examples

Rosie: I come to the countryside to help me unwind. It's so beautiful and relaxing.

Li: When I'm stressed, I go swimming because it helps me unwind.

Rosie: Where's Rob gone?

Li: Look! He's over there, drinking a pint of beer!

Rosie: Rob, I thought you wanted to do some yoga?

Rob: Well, drinking a beer is just like yoga. (*Reaches out for pint*) You have to be flexible. You need to have good balance (*holds pint in the air*). And you have to be very strong. (*Drinks whole glass*) You have to have endurance - to keep drinking. And most importantly... it really helps you unwind (*puts feet up*).

(Li and Rosie shake their heads in despair. And then they get some beer for themselves!)

Li & Rosie: Cheers!

Vocabulary

to be in for a surprise 将会大吃一惊

flexible 灵活柔韧的

good balance 良好的平衡能力

strong 强壮的

endurance 耐力

it helps you unwind 帮你放松