

Beer Yoga Is a New Fitness Trend

Combining beer drinking with yoga class is a fitness trend that began in Germany two years ago and has recently become popular in Australia, Europe, and Asia. During the class, participants focus on the bottle and take regular swigs of their beer. Some participants say that the alcohol helps them feel more relaxed and able to do the poses. Many health experts and yoga enthusiasts say that beer yoga is simply a marketing gimmick. The purpose of yoga is to increase one's awareness, and drinking beer has the opposite effect.

Source: www.englishclub.com

Vocabulary

- * yoga: an activity that involves holding poses and doing breathing exercises
- * participant: a person who takes part in an activity
- * swig: a large sip of a beverage
- * pose: a body position that you hold for a while
- * gimmick: a trick

You can see the whole curriculum from your teacher, Please ask teacher to send it to you before your class.

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