

CrossTalk

July **CROSSROADS** Language Studio's Newsletter 2005

Yoga



What is Yoga? No, it is not a drink you sip with a straw...and it is not a **tunic** worn by ancient Romans! Yoga originated in India some 5,000 years ago. The word **Yoga** is **derived** from the Sanskrit root "yuj", i.e.

"to yoke" [to the spirit] meaning to bring about the "union of the Individual Soul, with the Universal Soul".

Most Yoga **scriptures** were originally written in Sanskrit, the ancient language of north India at that time. Sanskrit is related to many other languages such as Greek, Latin, French, German and Spanish. We can see this relationship through the word yoga itself which means *zugos, iugum, joug, Joch, yogo* in those languages respectively, and, of course, *to yoke* in English – meaning to **bind** or to attach.

But don't worry, if you take up Yoga you will not have to start **plowing** a field with a poor old ox!



"Yuj" also means "to direct and concentrate one's attention on, to use and apply." In other words, yoga is, as mentioned above, about unifying your mind and body with God.

Here are a few tips to keep you "Yoga Fit":

* Drink as much **FRESH** water as you can. Water flushes unwanted **toxins** and keeps your brain sharp. Observe a plant before and after watering and relate the benefits to your own body.

* Be yoga. Breathing as you live in the moment and stretching releases toxins from your muscles. With yoga you can remain active as you age.

* **SWEAT** once a day to **regenerate** your skin.

* Visit the Ocean and Mountains to inhale the pure air that flows there.

* One hour of aerobic exercise will release **endorphins** to regenerate cells and offset stress. Stress is related to 99% of all illnesses. A daily hit of athletic **induced** endorphins will give you the power to make better decisions and help you be at peace with yourself.



Glossary

(These words are in **color** in the story)

tunic チュニック

bind つなぐ

regenerate 再生させる

derived ～に由来する

plowing 耕す

endorphins エンドルフィン

scriptures 経典

toxins 毒素

induced 誘発された

A Word From Us



Joshua Says: I wish to welcome a new teacher to Crossroads from next month. Iain is from America and has been in Japan for 7 years before arriving here in Matsuyama. Like our present teachers, he has a special talent and he wants to teach using it. His special talent? Magic! And he is pretty good too. We have been working on a program together and I think it is going to work out very well. Also, we had such a good time at our last Summer B-B-Q Party – my thanks to everyone who came, and especially to Steve and his brother for performing for us - that we have decided to hold another one next month. Steve will perform and we expect to have a lot of fun again. Check out page 3, don't miss it!!

Junko Says: Next month we start our Autumn Campaign. The new Cosmopolitan courses are very popular and, so, we are going to add even more! There will be "Singing in English" with Steve to go with his Guitar and Aromatherapy classes. And, as a special treat, we will be adding "Magic in English" with our new teacher Iain. Check out the notice board on page 3 for some details or come and see me in the office. And, don't forget to let all your friends know about these great new causes too!

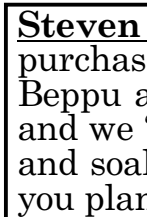


Adam Says: Well it's been a scorching summer hasn't it? When I feel extremely hot I always insist on going for a swim. Lately, I have been swimming at the all new Aqua Palette, which is located next to Bochan stadium. Aqua palette is a wonderful facility which has all of the amenities that you'll ever need. So tell me, what do all of *you* do to keep cool?

Greg Says: If you ever want to just get away from everything and totally unwind, take a trip to Aso in Kyushu. My family took a trip over there during Obon and had a great time. The mountains are so peaceful and relaxing and the lookouts offer amazing views. My daughter had a chance to ride a horse for the first time and she liked it so much that she rode one everyday that we were there. I know this year Santa will disappoint her because she has asked for a real horse for Christmas!!!!!!



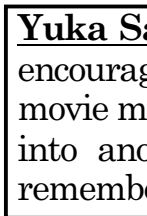
Natacha Says: Although August has been a partial holiday for me, I have not had the chance to go travelling. I wondered about all of you and which magical places you may have visited? I hope to see more of Japan while I'm here, so if you know of a special place, I would love to hear about it.



Steven Says: During Obon I visited Kyushu for six days. Since I have just purchased a car I decided to take the Diamond Car Ferry from Matsuyama to Beppu and camp my way around Kyushu. I shared the driving with my brother and we "clocked up" over 1,500 Km's, saw some amazing scenery, swam everyday and soaked away our weary bones in world renowned onsen resorts. For those of you planning a trip to Kyushu, the August weather is perfect for touring.



Magnolia Says: The next time you are enjoying a meal with your family or friends, pause to think; there are so many people in the world, children especially, who do not have enough to eat to sustain their lives. In fact, every day 30,000 children die in our world as a result of extreme poverty! What can we do about this? The 10th of next month (September) has been designated as "Global White Band Day". Wear a "Make Poverty History" white band, any old white band, on your wrist or arm. When your friends ask you about it, tell them it's "white band day"! You can find out more about this international campaign at www.whiteband.org, or www.makepovertyhistory.com



Yuka Says: What can you do when you're in trouble and want to give yourself some encouragement? Listen to music? Eat a lot of food? Take a leisurely bath? Going to a movie may work since the theatre is dark and you can easily leave reality behind and go into another world! However, there's one simple but important thing I want to remember to do – that is, keep reminding myself that I'm going to feel better again.



A Word From You

Some shots from
our last Summer
Party

Notice Board



INVITATION

Let's do it all again!!

Place: CROSSROADS

Date: Sept. 25th '05

Time: 7:00pm - ?

Bring: food, and drinks, and don't forget to ask your friends to come along too!



A "Good-Bye to Summer" B-B-Q party



Our New Autumn Courses



Singing in English
with
Steve



Magic in English
with Iain



Net News

NET LESSONS:

Are you too busy to come to CROSSROADS to study?
Try our *lessons on the internet!*

It's CROSSROADS in your home or office! You get
CROSSROADS' great teachers, teaching programs,
even classmates, *all on-line!* Call for details.

NET SITE OF THE MONTH:

Here's an interesting site all about the history of Yoga:
<http://www.yogajournal.com/history/vedas1.html>

NET NOTEBOOK: Don't forget to take a look at the
Internet Activity Notebook in our Open-house lounge.
You'll find great games, news and English study sites.

COURSES YOU CAN JOIN AT CROSSROADS

M OTHER & CHILD, group or private

GENERAL COURSES: KIDS, group or private

2 x's 60mins / week

1 x's 90mins / week

Private 1 x / week

Semi-Private 1 x / week



COSMOPOLITAN COURSES:

"Singing in English" with Steve

Yoga with Magnolia

"Cooking in English" with Adam

Guitar with Steve

"Magic in English" with Iain

Piano with Adrienne

Aromatherapy with Steve

English home-page design with Adam

FRENCH with Natacha

RUSSIAN with Natasha

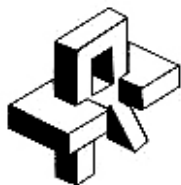
GERMAN with Marita

SPANISH with Leo

CHINESE with Noriko

KOREAN with Kim

NET LESSONS: group or private



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