

情景会话：保持健康的好方法瑜伽 PDF转换可能丢失图片或格式，建议阅读原文

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Trainer：You look great! 你看起来真棒！ Shirley：Thanks to you. Im totally pumped up. 多亏了你。我感觉很精神。

Trainer：So you are happy that you made the decision to join us. 所以你应该高兴做了加入我们的决定。

Shirley：I surely am. But still there is one single problem. 当然了。但是还有一个问题。

Trainer：Whats that? 是什么呢？ Shirley：I eat more and more these days. And it puts even more weight on me. 我最近吃得越来越多。我甚至比以前更胖了。

Trainer：Its not good to start with too much work-out at the beginning. What about trying something else? 开始的时候运动量过大是不好的。要不要试点别的？

Shirley：Id love to do that. What do you recommend? 很乐意。你有什么推荐的吗？

Trainer：More and more people are warm up to Yoga these days. Do you want to have a try? 越来越多的人热衷于瑜伽。你想试试看吗？

Shirley：Do you think its a good option for health and relaxation? 你觉得那是健康和放松的好选择吗？

Trainer：Absolutely. But it takes great perseverance to master. 当然了。但是想要掌握的话需要很大的毅力。

Shirley：I can so that. 我可以的。

Trainer：Here is a free class going on right over there. Go and join them. 那边正在上一堂免费的瑜伽课，过去加入他们吧！

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