



Read this relaxation exercise and try to imagine it.

Ok, sit back on your chair. And let your hands rest loosely on your lap. Close your eyes. Now, lift your shoulders up and let them fall. Breathe in, filling your lungs with air. Now let your breath out very slowly. Imagine you're on a beach. You see the sand, the trees and the water. Feel the soft sand below your feet. Let your feet subside into the sand. Look at the gentle waves. They are coming in and going out. Feel the warm sun on your body. Oh, you feel so relax. You're happy. Now, you see yourself leaving the beach. You come back to your daily life with new energy and joy.

Get the main Ideas:

1. What does the speaker ask you to imagine?
2. Were you able to relax? Why or Why not?

Respond to the Ideas:

1. The speaker says that relaxing will help you feel happy and well.
Do you agree with this?
2. What do you do to relieve your stress?
3. With the advent of new technology, would you still believe in home remedies in treating your disease or you trust science? Why or Why not?
4. What are some diseases that need home remedies?
5. How do Japanese value traditions in terms of healing diseases?

Language Focus

- **Discussion Openers**

Agreeing:

- You have a good point about_____.
- I think you are right.
- Not a bad idea.
- Good point.
- No doubt about it.

- **Raising Concerns:**

- The problem with that is_____
- That raises the problem/issue of_____

Let's Practice:

Use the expressions above in discussing the points.

1. Traditional medicine can't be a substitute for the medicine produced by research.
2. The modern medicine is the only way to heal us from diseases and it more effective than the traditional medicine.
3. Whatever the signs of disease you feel, get an advice from the doctor rather than embracing traditional ones.