

Chatterbox #258 – Suzanne’s online yoga class

Episode description

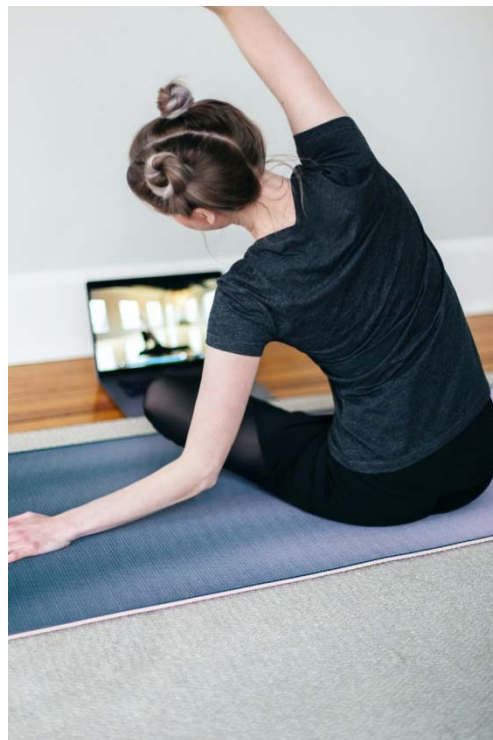
The COVID-19 pandemic has disrupted the entire world, yet our daily lives must continue! Culips host Suzanne has been taking online classes to become a yoga teacher. Together with regular host Andrew, she discusses her experience of learning to teach yoga through the internet.

Fun fact

Online yoga is extremely popular. In this episode, our hosts mention a yoga YouTuber named Yoga With Adriene. She has a whopping 8.62 million followers!

Expressions included in the study guide

- To have [something] under your belt
- In that respect
- Mantra
- To go with the flow
- Tailor-made
- Streamlined



Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

Andrew: Hello, everyone. My name is Andrew.

Suzanne: Hey, guys. I'm Suzanne.

Andrew: And this is the Culips English Podcast.

Andrew: Hello, friends. Welcome back to Culips. Today's episode is a Chatterbox episode, which is the series that features totally natural English conversations between native speakers. And we hope that by listening to this episode, you'll be able to improve your English listening skills and improve your English vocabulary. Chatterbox episodes are like you're hanging out with friends and having a conversation with us. And today, I'm joined by my cohost in Montreal, Suzanne. Hey there, Suzanne.

Suzanne: Hey. Andrew. It's good to talk to you. It's always a pleasure.

Andrew: Yes, indeed. Suzanne, it is always a pleasure. And today we have a very interesting topic. We are going to talk about online learning, but a very unique kind of online learning. Learning and studying about yoga online, because this is something that you have been doing recently, Suzanne.

Suzanne: Yes, exactly, Andrew, for the duration of the confinement and the COVID-19 lockdown and slow opening, I've been studying yoga, doing yoga or practicing yoga, but also taking a teacher training. So I've been studying to be a yoga teacher online, which brings so many interesting components with it and challenges that I can't wait to tell you about.

Andrew: Right on. OK, so we'll get into the details here in just a moment. But before we do, I should let all of our listeners know about the study guide for this episode. Everyone, there is a study guide for this episode that includes a transcript. It includes detailed vocabulary explanations and examples of some of the interesting and useful vocabulary that you will hear Suzanne and I use today. There are also prompts inside of it that you can use for speaking practice or for journaling or diary writing. There's a quiz. There are lots of good things in the study guide. So if you would like to access that resource and follow along in the guide while you listen to Suzanne, and I chat here today, you can do that by downloading it from our website, Culips.com.

Andrew: Where should we start, Suzanne? How about we go back to the very beginning and if you could just briefly let us know about your history with yoga, because you said you completed a teacher training course online, but I imagine that you have to be a student before you can become a teacher. All right, so have you been practicing and doing yoga for a long time?

Suzanne: Yes, I have. In fact, I started I think, my first yoga class was when I was 19, 18 or 19 years old. But I did a lot of yoga in New York City when I lived there. And I even completed a teacher training course there in 2008, 2009. Yeah, 2009, 2010, actually. And so that was kind of the prerequisite for this teacher training. They wanted you to have already completed one teacher training, **to have that under your belt**.

Andrew: Right, **under your belt** meaning to have that experience of teacher training in the past.

Suzanne: Yeah, and this way that will help inform the newer practice. So you don't start from scratch. Maybe you've already built up a vocabulary of terms and an understanding of the movements so that you can add it to your next training.

Andrew: Because if somebody like me, you know, this is one of the issues that I have whenever I try to do yoga. Sometimes I will just, you know, do like a morning stretching routine or something to get my day off to a good start. So I load up a YouTube video. There's a YouTuber, her name is Yoga with Adriene.

Suzanne: I love Adriene, yeah.

Andrew: She's awesome. Yeah, but you are absolutely right, there is a vocabulary, right? So she'll say the names of the different positions and stretches. And, actually, I don't know what she's talking about. I'm, like, I don't know what this.

Suzanne: Like something utkatasana or whatever. Yeah. And you're, like, what?

Andrew: So I'm kind of lost **in that respect**. So I guess this is one of the prerequisites, then, to this course is to be familiar with the vocabulary of yoga and with what the movements are and how to do them.

Suzanne: Yeah, kind of. So this is a different type of yoga. It's Naam yoga. So N-A-A-M. Naam yoga. And this has elements of, like, kundalini, so a lot of breath work, actually. It has some asanas. So there is some, kind of, it, there are some movements that you might know from Adriene, but not really, it's less sort of feminine, like, less languid and serene and more like active and dynamic.

Andrew: So it's almost like there's more cardio involved in it.

Suzanne: Yeah, there is a lot of dynamism and cardio and breath work, like, powerful movement of the breath and expansion of the lungs. And so Naam actually means the word in Sanskrit, so—is it Sanskrit or Gurmukhi? Anyway, the point is, it means the word. And so we actually do a lot of, at the end of the class—to tune in, and then at the end of the class, we do a meditation that requires us to chant some sacred texts and words and sing. And so there's kind of also a musical aspect, which is really appealing to me, because I love music and love to sing. So it's really wonderful, because you're kind of working on physical body, the breath, and tuning the body with sound. So that's super cool. So that's kind of, yeah, what it's all about, as far as this type of yoga.

Andrew: Yeah, it's interesting how many different kinds of yoga there really are.

Suzanne: Totally.

Andrew: So many different styles. So that's, that's really cool. Now, last time we talked, Suzanne, we talked about working from home during the lockdown period. Of course, you know, everybody in the world knows about COVID and what's happening. And I think there are so many people that we are in the same boat, we're staying home more often, we're working from home more often, we're going out less. And so you had the opportunity to take this yoga training course online instead of physically going to a yoga studio. And so that's what I wanted to talk about a little bit more here. I guess where was the teacher? Was the teacher in India, or in the States, or where?

Suzanne: My spiritual teacher, who is this living spiritual master, like, he's an incredible soul and man, and his name is Dr. Levry and he is based now—so he was based in New York City, but now based in Santa Monica, in California. There's a larger space and a larger centre. And they do a lot of, they make a lot of music, a lot of this kind of stuff. So in Santa Monica. So that's where most of the teachers are. And they're teaching from their home also, for a while, until they're able to go into the centre and, like, you know, into the studio. Yeah, so they were in California.

Suzanne: And normally, if we wanted to do this training, we would all have to fly to California for, like, a month, or something, like 3 weeks. And there would probably only be, like, 20 people, you know, 30 people that would take this training. But because it was online, we were able to reach, like, over 100 people. I mean, we had people in Brazil, in Mexico, in France, in Portugal, in Spain, Germany, Switzerland, Israel, Africa, like, all, like, different parts of Africa, people in, all over the US, me in Canada. I think I was the only Canadian representation, even though I'm an American in Canada. But I was, like, Montreal! I was like, yay, Canada!

Andrew: Represent.

Suzanne: Represent. Yeah, so Australia, New Zealand, Asia, all over Asia. It was amazing. So we were able to have, like, maybe even, I don't know, like, almost 200 or 200 and something people in this training, right? Like, almost about, like, I think it was like 170 or something, people in the training, because we were online on Zoom.

Andrew: So you used Zoom, and there was just a big group of, you know, almost 200 people getting together and studying that way. And so what was the experience like? Because I imagine, studying yoga like that is a very physical thing, right? It's not just sitting at a desk with, you know, a pen and some paper, taking notes and listening to the teacher, but you have to be more involved and more active. How is that like, studying yoga online?

Suzanne: Well, they had been teaching this class every day since March. And the training started in June, for the month of June. But they had a few months to sort of figure out the mechanics of things, like how, like, putting a soundboard together, having one of those, someone had a lapel microphone, which clips onto your shirt.

Andrew: Right, one those clip-on microphones.

Suzanne: Or one of those sort of headset mics that, with like a little microphone that kind of comes around your mouth and meets your mouth.

Andrew: Like the pop stars use when they're doing concerts and they need to dance a lot at the same time.

Suzanne: Totally a Britney Spears style microphone. I feel like that's what I think of.

Andrew: I also was thinking of Britney Spears. Yeah.

Suzanne: That's funny. So, yeah, so, you know, having that, also making sure that you're really showing the full body in the camera. So having a lit space with a good camera angle. So you can see the body in all the positions from head to toe. And once they figured that out, classes were a lot smoother. And we were all on Zoom watching their lecture and explanation and description of things. We had an online platform, on Teachable, which they would upload all of the materials, like the handbook, the manual, all of the cues, all of the videos, all of the replay lectures, all that stuff. So we have access to that and we could download it and print it, make notes and follow along.

Suzanne: Then we did breakout groups. So then we had small groups. And I had people from France, from Colombia, from Germany and Switzerland and the US in my group. And we had to practice doing teaching and cuing parts of the sequence. So now the sequence that we do is always the same. It's a 2-hour class, and about an hour and a half of it is active. And then you have, like, relaxation and meditation as well. So about an hour and a half, it's really active and it's the same sequence every day.

Suzanne: And you have to learn how to cue and move in from, into one exercise, out of it, into the other, into the next. So it's a little complicated because you have music cues and you have physical cues and you're a DJ, you're a yoga teacher, you're making sure everyone is staying safe online and taking care of their bodies and not getting dizzy or not, you know, hurting their back or something. So there's a lot to think about.

Andrew: Would the teacher come around and look at you and give you feedback based on your movements? Like, as a student, did you have to have your camera set up so that you could see?

Suzanne: Yeah, so you have to be seen from head to toe, as well, as a student.

Andrew: OK, OK, yeah.

Suzanne: I studied with them since, like, end of February. So I've been doing the sequence for months. And that was really helpful because they've seen me and I've also seen them and I've got the sequence really in my body. And they're able to say, "Oh, Suzanne, make sure your hands are in the front." "Oh, Mick, put your shoulders down." "Oh, straighten your leg here," you know? Now, in the actual training, you get a lecture and they describe things and say don't forget your thumb inside your fist, Shakti Mudra. Hands face the front, lifting the shoulders up, you know, you have all the cues, they explain it. They also explained the benefits, like this is really helpful for tension in your neck, in your jaw. This is really good for your kidney or your liver. Then we go into the breakout rooms. So we have, like, your breakout room teacher, who's like your guide.

Andrew: Kind of a small group leader.

Suzanne: Exactly. And then they also become your person who is assigned to watch you while you're taking the class and give you alignment notes. So this way, you get a phone call from them, and you know the things that you need to work on for yourself as you do the sequence, so that when you're teaching it, you're able to look out for others. Because when it's online, it's so hard to see everybody on, like, a Zoom screen.

Andrew: Especially, I imagine if you're in the middle of doing a movement, right? Sometimes, like, this is one of the things that I have experienced when I'm trying to follow a YouTube video, is, like, you have to get into the pose and your head has to be, for example, facing the floor. But I want to look at my computer screen to see if I'm in the movement correctly, right? So then my head is out of alignment.

Suzanne: In fact, they teach us how to cue and demonstrate the first, like, two, and then to watch on the third or demonstrate and the first one, they're just watching, then you do it with them once and then the second two you're really watching. You know, be careful, keep your arms straight. You know, don't hunch over, shoulders back, chest is up, you know? So that you can really reiterate those important alignment cues, so that people don't hurt themselves. Because, you know, things happen, like, your screen will freeze or their screen will freeze. And then you're, like, wait a minute, are you in a weird pose? Or are you just frozen? You know? So it's really stressful. It's hard. It's hard, you know?

Andrew: Why is the teacher in this position for so long? Oh, he's just frozen, oh, OK.

Suzanne: Yeah, or the music is, you're, like, is the music coming back? I don't. So that's also another thing. There's the music is a very specific part of the practice. There's **mantra**, and it must be played during each, specifically throughout each part of the body. We start from the top of the head and we move all the way down to the toes. And so the music builds. It's really cool, actually, it's been orchestrated.

Andrew: OK, so there's a really strong musical element to it, then.

Suzanne: Yes, very strong. Yes. So after we've had a couple weeks of working on little sections, in our small groups, and getting notes, and practicing that, just getting it out loud, you know, on the screen, then we pair up with some people to practice outside of the training, and go through larger amounts of the sequence. So maybe, like, if it's you and I, I would teach you, like, the first 30 minutes and you would teach me the second 30 minutes, just so we can kind of start getting the flow and give each other feedback.

Andrew: OK.

Suzanne: And then it culminated to the final weekend where we all had to teach the whole thing in our final practicum, the whole 2-hour class. I was so nervous. I couldn't sleep the night before.

Andrew: Oh no, kind of goes against the principles of yoga, right? Trying to relax.

Suzanne: Totally, we all felt that way. We're, like, we're all the opposite of yoga right now. We're, like, so stressed. But, um—

Andrew: But it went OK?

Suzanne: It went really well, I had a great final presentation. And I've actually started teaching some classes online, I just taught my third one. I need to teach 15.

Andrew: Wow. Now, I wanted to ask you, since you've completed the class, looking back on it, studying this way, this is a very new thing. You know, before COVID not very many of us had experience using Zoom to study, to work. But now so many people are used to it. It's becoming a part of our everyday lives. What are some of the advantages, do you think, to studying yoga through Zoom? Were there any things that you were, like, wow, this is so great. It's an improvement over studying in a yoga studio. Are there any benefits that popped out?

Suzanne: What's great is that you can have yourself on the screen too. So it kind of acts like a mirror, you know, and you can have your—because in Zoom, your little box is next to the speaker view, right? So it's you and then the speaker are right next to each other. And what's nice about that is you can kind of clearly compare yourself to the teacher and in a way, change your alignment on your own because you can be, like, oh, look, oh, I'm, my shoulders are in the wrong place, look at her. Like, I have a mirror in my bedroom so for many days, I had the image on the, on the screen, and I also had my image next to me. So I was able to kind of compare and see almost, like, a 360 view of my alignment, which I don't think you get in a lot of yoga classes, unless there's a mirror, which is kind of rare. I don't think people use mirrors, maybe in dance studios, but not in yoga studios. So this is really positive, I think, because sometimes you need to see it. Like sometimes they'll, they'll move your arm, but you're, like, OK, I don't know what that meant.

Andrew: Right, there's no visual feedback.

Suzanne: Right. So you have visual feedback. I think this is really positive. I also like the idea of the chat window. So throughout the class, if you're, like, wait a minute, I don't ... Wait. Are we supposed to be doing this? Or wait, I think I think we forgot this, or is this correct? You can ask questions on the chat in real time, whereas in a class, you may not ask the questions because you don't want to stop the flow of the yoga class. But here, you're not really bothering anyone, you can just send the message directly to the teacher and they can just answer you, or answer in the class. I had a question here about the alignment of this, make sure that you bend your knees and roll up because you might hurt your back. Someone here had an issue with their knees, make sure you do this. So it's like real-time adjustments that you might not be able to collaborate on in an in-person class. So I think that's really beneficial.

Andrew: I can't ask you about the benefits without asking you about the drawbacks.

Suzanne: Negatives.

Andrew: I have to do the opposite. I have to ask you about the negative aspects, too. Was there something that you felt was especially lacking or that was frustrating for you trying to study yoga through Zoom and online?

Suzanne: Yeah. So the negative part about the chat questions is that sometimes they don't understand what you're asking right away. So then they're, like, wait, what, and then you have to collect, like, fix it or re-ask or ... So there can be a kind of communication breakdown, too, in that, with that chat. Of course, the technical difficulty stuff, like, things freeze, music doesn't work, Internet goes down, people's, you know, people get frustrated, the interface that they use to enter into the Zoom maybe isn't working for them that day. There's technical difficulties. But I found that many people just sort of, kind of had an attitude of, hey, we're online, that's how it is. Let's just **go with the flow**, you know?

Andrew: Right, right, right. Yeah, I think you have to be flexible in that situation, right?

Suzanne: Yes.

Andrew: So many technical things that can go wrong, especially if you have hundreds of people at the same time from all around the world, right? I'm sure that internet speeds vary from country to country and region to region, which could really affect everybody's, you know, experience differently.

Suzanne: Well, one more thing that was really interesting was that we had the capability on Zoom to have translators. Like at the bottom, you can incorporate translation. And so people can plug into German, they could plug—so we had people who were translating active, like, in real time in Spanish, Portuguese, German. So that was a really cool feature, that we could just have that translation happen. Which I'd, would never happen in a, you know, a face-to-face kind of meeting.

Andrew: Yeah, it would be just too—I'm imagining this all happening in a room instead of online. And it's really funny to think, you know, like, 150 people in the same room with five different languages being translated. And, you know, you can ask direct questions anytime you have one, it wouldn't work in an environment that wasn't online, right? It really seems like it was **tailor-made** to the online environment.

Suzanne: Completely. Like, we would have questions in the chat asked in Spanish or Portuguese, and then another teacher who was, who could speak Spanish and Portuguese would just jump right in and answer the question, while the other teachers were, like, continuing to go on. And this is awesome, because you could be like, bam, and then one of the teachers actually speaks Spanish and Portuguese, the main master teachers, and she would say, oh, I'll translate in English. We had a question in Portuguese about this and this and this. So just to answer that for everyone, in case everyone is wondering, that means this. So that was great, because she had that skill. She could kind of bring in that, use her language skills to open it up, but not necessarily interrupt, with, like, you know, a real-time class in different languages in person. It was more of a **streamlined** process. She was able to be more discriminatory in which questions she chose. I would say the one major thing that was a drawback is just, like, when you're learning something, it's just hugging people, you know? Like seeing people.

Andrew: That human connection.

Suzanne: Yeah, just hugging people, being near people, touching people, having that human connection. It's really, really sad not to have that, I have to say.

Andrew: Right.

Suzanne: Because I've known some of these people for like, 15, 20 years.

Andrew: Oh, wow. OK.

Suzanne: Yeah. And it's, like, when you see them after, like, 10 years, you want to just hug them and be, like, oh, my gosh, how are you? But you can't and, and you're just like, oh, my gosh, you're right there, but I miss you, I can't touch you. So it's hard.

Andrew: Yeah, that's definitely something that I think a lot of people have been experiencing these days, right, is that lack of human connection and the ability to, yeah, give your friends an embrace. Give them a hug when you see them. It's just not easily replicable through Zoom, right?

Suzanne: Right.

Andrew: We're missing that. Yeah. Maybe that will happen in the future, maybe Zoom is investing heavily in digital hug technology. But for now, we're missing that.

Andrew: Well, Suzanne, I think we should wrap it up here. Thank you for telling us all about your yoga experience. How long was the course, by the way?

Suzanne: It was really about a month or, a month—yeah. So we practiced Monday, Tuesday, Wednesday in the mornings, we did the class with the master teachers. Then we had our classes, like, long classes, lectures and practice on Thursday, Friday, Saturday, and Sunday.

Andrew: Wow, 7 days a week.

Suzanne: Oh, yeah, it was intensive.

Andrew: Well, thanks again for letting us know about the experience that you had.

Andrew: And, guys, thank you for listening. Thank you for tuning into Culips today. Again, the study guide for this episode is available on Culips.com. And if you enjoy Culips, if you learn a lot with us, then please consider supporting us by becoming a Culips member and studying with our guides. But if that's not a good option for you right now, it's OK, there are other ways that you can support us, including following us on social media. We're on Facebook and Instagram, YouTube, and Twitter. You can also support us by telling your friends about Culips, who are learning English, or by sending us a message. We love hearing from you and your encouragement helps us to keep going. So if you want to send us a note and get in touch. Suzanne, could you let everyone know about our email address?

Suzanne: I would be happy to. It's contact@Culips.com. Super easy, guys.

Andrew: We'll leave it at here for today. But we will be back soon with another brand-new Culips episode and we'll talk to you then. Goodbye.

Suzanne: Bye, guys.

Detailed Explanations

To have [something] under your belt

Phrase

In this episode, Suzanne talks about the online yoga teacher training she is currently taking. However, to be eligible for that class, she needed to have taken another teacher training course in the past. Suzanne says that she needed **a previous course under her belt**. **To have [something] under your belt** is to have an experience in the past that helps you in the future. You can say this for experiences or things you have learned or studied. For example, you can say you **have two bachelor's degrees under your belt**. In that way, you are talking about the experience of acquiring the degrees as well as having the knowledge that resulted from your studies.

Here are a couple more examples with **to have [something] under your belt**:

Talia: Remember when you asked me about a skydiving school?

Franco: Yeah. Did you find one?

Talia: I did. There's one nearby, actually. We can swing by on the weekend.

Franco: Are you sure the instructors are good?

Talia: The website says each instructor **has at least 100 jumps under their belt**.

Franco: OK. Let's give it a shot.

Davey: Do you want to jam with us tonight? We need someone who can play the electric guitar.

Coco: I don't have any experience with the electric guitar.

Davey: You told me you play the guitar.

Coco: I told you I **have 10 years' worth of classical guitar playing under my belt**. Classical guitar and electric guitar are a bit different.

Davey: I'm sure you'll manage. What do you say? Are you in?

Coco: OK—but take it easy on me!

In that respect Phrase

When talking about the terminology involved in high-level yoga, Andrew admits that he is kind of lost **in that respect**. He says **in that respect** to refer to a specific aspect of a greater topic. Andrew is not lost when it comes to yoga in general, just the specific terms some teachers use.

There are a few similar expressions you can use to say the same thing. You can say **in that regard**, **in that way**, and **in that manner** instead of **in that respect**. They all refer to something in particular within a certain context.

Here are a couple more examples with **in that respect**:

Pauline: I'm told you know a lot about cars.

Hakim: I guess I do. I'm pretty good at guessing makes and models and what year they were made.

Pauline: Cool. Do you think you can take a look at my engine? I've been having a problem lately.

Hakim: Oh, I don't know much about cars **in that respect**. You might want to ask someone else.

Monica: Are you sure you want to invite Jerry to our basketball game?

Beck: Why? What's the problem?

Monica: Things might get a little out of hand.

Beck: With Jerry? He's the most laid-back guy I know.

Monica: Not when it comes to sports.

Beck: Oh, that's right. **In that respect**, he can be pretty competitive.

Mantra

Noun

A common word used in yoga classes is **mantra**. A **mantra** is an utterance that often carries religious significance. In the public at large, **mantra** is more frequently used in a non-religious way. Informally, a **mantra** is a saying or motto you might have for yourself. For example, you might have a positive expression that you like to say to yourself. Some people repeat their **mantra** to themselves as a form of meditation, to focus on a task, or simply to brighten their day.

Here are a couple more examples with **mantra**:

Rowan: Oh, I love that music. What is it?

Marcus: It's the recording of a Hindu ceremony.

Rowan: Interesting. What are they chanting?

Marcus: Those are **mantras**.

Rowan: Do you understand what they're saying?

Marcus: No. It's in ancient Sanskrit. But we can find English translations easily enough.

Tabatha: Did you just run another marathon on the weekend?

Beatrix: Yes. It was such a nice day.

Tabatha: How on earth can you run 42 kilometres and not lose your mind? It seems so difficult.

Beatrix: Actually, I have a **mantra** that I repeat to myself throughout the race. It helps me concentrate and be at peace with the experience.

Tabatha: Really? What do you say?

Beatrix: It's a bit personal, so I'd rather not tell you. Let me put it this way: it's a kind of positive poem I say to keep going.

To go with the flow

Idiom

When talking about the technical difficulties encountered during her online yoga classes, Suzanne says that most people accept that it is a reality and **go with the flow**. **To go with the flow** is to accept a situation wherever it may take you. Think of kayaking on a river. You can fight against the flow of the river or you can allow yourself to be guided by it. **To go with the flow** is an expression that reveals how relaxed someone is when dealing with certain situations. These situations can be good or bad. **To go with the flow** is similar to the expression to play it by ear, where you adapt to whatever is happening at any given point.

Here are a couple more examples with **to go with the flow**:

Anya: I'm a little nervous about going to the party tonight.

Jayden: How come?

Anya: I don't know anyone who will be there.

Jayden: You know me! I'll be by your side. Just **go with the flow** and everything will be all right.

Anya: OK. You lead the way.

Tommy: I admire your composure at the sales meeting.

Nora: Thanks.

Tommy: How do you manage to stay so cool under so much pressure?

Nora: My dad always told me **to go with the flow**. Don't try to control something that is out of your hands.

Tommy: That's a good way of dealing with things. I should try that.

Tailor-made Adjective

In this episode, Andrew comments that Suzanne's yoga teacher training seems to be **tailor-made** for the online environment. **Tailor-made** means to be created in a specific way or for a specific purpose. If you go to a dietician for help with a meal plan, the dietician will provide you with a **tailor-made** diet plan. That means the diet plan will be designed for you specifically. A similar expression is **custom-made**.

The expression **tailor-made** comes from the clothing industry. You can buy a suit off the rack at a department store, but it might not fit your body perfectly. To have one specifically made for your body, you should go to a professional tailor. The tailor will take your measurements and sew a **tailor-made** suit just for you.

Here are a couple more examples with **tailor-made**:

Gracie: Wow, I really like your dress.

Athena: Thanks. I like it, too.

Gracie: Where did you buy it? I need to have the exact same one.

Athena: Actually, this is **tailor-made**. I went to a shop on Main Street.

Gracie: OK. Would you mind if I asked you the name of the dressmaker? I really like it.

Henry: This is the birthday cake I got for Shirley. What do you think?

Jane: It's perfect! I like the blue and the purple. It's exactly her style. Did you buy it at the supermarket?

Henry: No. I went to a specialty shop and had it **tailor-made** for Shirley. I hope she likes it.

Jane: She'll love it. And it looks so good.

Streamlined Adjective

Near the end of this episode, Suzanne says the language aspect of her online classes is more of a **streamlined** process. She says this because there are very few interruptions with the flow of the instruction. When something is **streamlined**, it is relatively straightforward and simple in format. The opposite of something **streamlined** is to be too complex or have too many unnecessarily options. This expression comes from the shape of vehicles. A **streamlined** car design is one that offers little resistance to air. The car is therefore more efficient in its design.

Here are a couple more examples with **streamlined**:

Nora: I'm a little apprehensive about travelling next month. I hate going through customs at the airport. They ask so many questions.

Irene: Don't worry. They recently changed the process.

Nora: How so?

Irene: It's more **streamlined** now. They no longer ask all of those unnecessary questions. They just check your passport, ask you where you're going, and then wish you a good day.

Nora: That's great. That puts my mind at ease.

Clarissa: What do you think about the new version of the song we just recorded?

Rajveer: It's nice. It's a lot simpler now.

Clarissa: Yeah. I took out the violins and trumpets. I figured a more **streamlined** version would be more appealing.

Rajveer: I agree. Sometimes simpler is better.

Quiz

1. What does it mean to have something under your belt?

- a) you're wearing pants
- b) you have many friends
- c) you have experience in something
- d) you're looking for your belt

2. True or false? A mantra is always religious in nature.

- a) true
- b) false

3. What is a good example of when you go with the flow?

- a) you are at ease with going where the night takes you
- b) you would rather be canoeing
- c) you have to go to the washroom
- d) you are dancing pleasantly

4. If something is streamlined, it is _____.

- a) simpler
- b) more complicated
- c) in the river
- d) always the most expensive choice

5. Which of the following is a good example of something that is tailor-made?

- a) a set of golf clubs ordered to your exact specifications
- b) a supermarket birthday cake that you think your friend might like

Writing and Discussion Questions

1. In this episode, Suzanne talks about following online yoga classes. If it weren't for the global pandemic, she would be following these classes in person. How would you feel having to change from attending classes in person to following them online?
2. What kind of mantra appeals to you?
3. Are you the type of person who likes to go with the flow?
4. When do you order something tailor-made?
5. What kind of experience do you have under your belt that you are especially proud of?

Quiz Answers

1. c 2. b 3. a 4. a 5. a

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