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### 1130527 高中職生英翻中短文翻譯題目

Yoga, at the beginning of the twenty-first century, has become popular among young females in big cities. “Nowadays people are feeling more pressure,” says Jennifer Park, a yoga teacher, “and yoga is a very good sport to balance the stress and problems of everyday life in the city.” According to a recent survey, nine out of ten people who exercise yoga are females. The reason is that women tend to know more consciously about their bodies than men do. “In yoga it is important to know your body,” Jennifer agrees with the survey, “and women are very much body conscious. That could be one of the reasons that women are more interested in studying yoga.” Regular yoga exercises emphasize on breathing and reducing stress. But there are more and more young females asking for power yoga classes. In those classes, one will focus all the attention on more flexible gestures to improve muscle strength.

balance 平衡    survey 調查    consciously 有意識地

reduce 減少    flexible 靈活的