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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

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在 21 世紀初，瑜珈漸漸受到大城市年輕女性的歡迎。一名瑜珈老師珍妮佛朴表示：「現在人們感到越來越有壓力，而瑜珈是一項很好的運動，可以平衡壓力和都市日常生活問題。」根據最近的一項調查，十分之九做瑜珈的都是女性。原因是女性較男性更有意識地瞭解自己的身體。「在瑜珈中，瞭解自己身體是很重要的，」珍妮佛贊同這項調查，「女性比較注重自己身體。這可能是女性對學瑜珈比較有興趣的原因之一。」規律的瑜珈運動強調呼吸和減少壓力。但是有越來越多的年輕女性要求參加動力瑜珈(能量瑜珈)課程。在那些課程中，一個人要集中所有注意力在更靈活的姿勢，以提高肌肉力量。