

## Holistic holidays

### Level

Intermediate and above

### Tasks

Checking students know some words connected with well-being holidays  
 Scanning an article to find the words from the first exercise  
 Reading the article on holistic holidays  
 Finding words in the article from their definitions  
 Discussing and choosing a well-being holiday

### How to use the lesson

- 1 Tell students that this lesson is about a new kind of holiday. Hand out the worksheet. Ask students to work in pairs to check they know the meaning of the words in the box. Ask questions with some of them: e.g. tell me the name of a famous spa town / does anyone practise yoga? etc.
- 2 Ask students to scan the article and underline the words from exercise one.

#### Answers

Paragraph 1: *yoga / pilates / (shiatsu) massage / (therapeutic) massage / detox*

Paragraph 2: *spa (town) / life coaching (holiday) / floatation tank*

Paragraph 3: *mudbath*

- 3 Students read the whole article. Ask them to tell you about the benefits of a holistic holiday. What do the critics say about them? You may wish to look at useful vocabulary, such as *credit crunch / trend / psychotherapist*
- 4 Ask students to find words in the article from the definitions.

#### Answers

(a) *therapies*    (b) *pampering*    (c) *craze*    (d) *unregulated*    (e) *qualified*

- 5 Divide the class into small groups in order to decide which break they wish to take. Encourage discussion. Elicit decisions from each group, and ask the group to explain the reasons behind their choice. Finish the lesson by giving language feedback.

### Related websites

Send your students to these websites, or just take a look yourself.

<http://www.bbc.co.uk/radio4/factual/travellerstree/>

[http://www.floatworks.com/about/what\\_is](http://www.floatworks.com/about/what_is)

<http://www.hoho.co.uk/>

<http://www.shiatsusociety.org/public/index.shtml>

[http://en.wikipedia.org/wiki/Life\\_coaching#Life\\_coaching](http://en.wikipedia.org/wiki/Life_coaching#Life_coaching)