

LESSON NOTES

Lower Intermediate S1 #12

The Best Yoga Class in Hong Kong

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TRADITIONAL CHINESE

1. A: 我想報名上呢個瑜伽班。
2. B: 唔好意思，呢班已經滿咗。
3. A: 啊，我真係好想學㗎。
4. B: 芭蕾舞班仲有位，你想唔想試下？
5. A: 瑜伽班幾時再開班？
6. B: 下個月。
7. A: 我都係等啦。

JYUTPING

1. A: ngo5 soeng2 bou3 meng2 soeng5 ni1 go3 jyu4 gaa1 baan1.
2. B: m4 hou2 ji3 si1, ni1 baan1 ji5 ging1 mun5 zo2.
3. A: aa2, ngo5 zan1 hai6 hou2 soeng2 hok6 wo3.
4. B: baa1 leoi4 mou5 baan1 zung6 jau5 wai2, nei5 soeng2 ng4 soeng2 si3 haa5 ?
5. A: jyu4 gaa1 baan1 gei2 si4 zoi3 hoi1 baan1 ?
6. B: haa6 go3 jyut6.

CONT'D OVER

7. A: ngo5 dou1 hai6 dang2 laa1.

ENGLISH

1. A: I would like to sign up for this Yoga class

2. B: Sorry, that class is full.

3. A: Oh... I really wanted to learn.

4. B: How about ballet? There are spaces available.

5. A: When does the next Yoga class start?

6. B: Next month.

7. A: Ok. I'll wait.

VOCABULARY

Traditional	Romanization	English	Class
健身會員	gin6 san1 wui2 jyun4	gym membership	noun
健身房	gin6 san1 fong4	gym	noun
瑜伽	jyu4 gaa1	yoga	noun
芭蕾舞	baa1 leoi4 mou5	ballet	noun
報名	bou3 meng2	to register	verb
滿	mun5	full	adjective
有位	jau5 wai2	to have space	verb

SAMPLE SENTENCES

<p>有健身會員嘅人可以去健身房游水。</p> <p><i>jau5 gin6 san1 wui2 jyun4 ge3 jan4 ho2 ji5 heoi3 gin6 san1 fong4 jau4 sei2.</i></p> <p>People with a gym membership can swim in the gym.</p>	<p>我屋企附近有間健身房。</p> <p><i>ngo5 uk1 kei2 fu6 gan6 jau5 gaan1 gin6 san1 fong4.</i></p> <p>There is a gym in my neighborhood.</p>
<p>瑜伽而家係中國好受歡迎。</p> <p><i>jyu4 gaa1 ji4 gaa1 hai2 zung1 gok3 hou2 sau6 fun1 jing4.</i></p> <p>Yoga is very popular in China now.</p>	<p>芭蕾舞演員嘅表演動作好優美。</p> <p><i>baa1 leoi4 mou5 jin2 jyun4 ge3 biu2 jin2 dung6 zok3 hou2 jau1 mei5.</i></p> <p>The ballet dancer's performance was excellent.</p>
<p>佢幫個仔報名學好多嘢，譬如游水，鋼琴，法文等等。</p> <p><i>keoi5 bong1 go3 zai2 bou3 meng2 hok6 hou2 do1 je5, pei3 jyu4 jau4 sei2, gong3 kam4, faat3 man2 dang2 dang2.</i></p> <p>She helped her child register for many classes, such as swimming, piano and French.</p>	<p>唔好意思，今日嘅預約已經滿咗。</p> <p><i>m4 hou2 ji3 si3, gam1 jat6 ge3 jyu6 joek3 ji5 ging1 mun5 zo2.</i></p> <p>Sorry, today's booking is already full.</p>
<p>上午嘅瑜伽班仲有好多空位。</p> <p><i>soeng6 ng5 ge3 jyu4 gaa1 baan1 zung6 jau5 hou2 do1 hung1 wai2.</i></p> <p>There is space available in the morning yoga class.</p>	<p>健身室通常嘅二月份開班。</p> <p><i>gin6 san1 sat1 tung1 soeng4 hai2 ji6 jyut6 fan6 hoi1 baan1.</i></p> <p>The fitness room class usually starts in February.</p>

GRAMMAR

Reaching States of Being and Completion

唔好意思，呢班已經滿咗。

ng4 hou2 ji3 si1, ni1 baan1 ji5 ging1 mun5 zo2.

"Sorry, that class is full."

In previous lessons we learned that we can add 咗 (zo2) after a verb to put it into the past tense, as with the sentences 我買咗一年嘅健身會籍 (*ngo5 maai5 zo2 jat1 nin4 ge3 gin6 san1 wui2 zik6*) "I bought a gym membership for a year" or 你瘦咗好多嘞 (*nei5 sau3 zo2 hou2 do1 wo3*) "You've lost a lot of weight". This lesson offers another usage of this particle that is much more common with adjectives. In it we see a speaker adding the particle after an adjective to imply that we have reached the state described by this adjective. In our dialogue, 滿咗 thus states not that the class was full at some point in the past, but rather that it is now full whereas it was not full before. For other examples, consider these sentences:

1. 如果你準備好咗就叫我。
jiu4 gwo2 nei5 zeon2 bei3 hou2 zo2 zau6 giu3 ngo5
"When you're ready, give me a shout."
2. 而家空咗。
ji4 gaa1 hung1 zo2
"It is now empty."
3. 呢件事搞掂咗。
ni1 gin6 si6 gaau2 dim3 zo2
"This matter is now finished."

Technically, the line between verbs and adjectives in Cantonese is very hazy, and all adjectives are in some sense verbs. While this usage looks and feels close to the past tense, it is actually denoting something known as change of state. The grammatical difference is often a matter of semantics. 咗 (zo2) is considered an aspectual particle when it puts a sentence into the past tense, and a modal particle when it communicates change of state.

CULTURAL INSIGHT

The History of

Yoga

Modern scholars divide the history of Yoga into three periods. The first is referred to as the "Preclassical Era" and lasted from roughly 5000 B.C. to 2000 B.C. There is little evidence about yoga practice which survives from this period of time, and all we know is that yoga evolved from a physical practice into a more general life philosophy. In the second stage, referred to as the Classical Era and which dates from about 1500 B.C. to 300 B.C., a figure known as Patanjali created the foundation of modern Yoga in the form of the Yoga Sutra. Some Yoga practitioners believe that Patanjali was the incarnation of the God of Snakes. The period which follows is now referred to as the "Post-Classical Era" and saw yoga split into different denominations such as Modern Yoga, Raja Yoga, Kundalini Yoga and Siva Yoga Aranda.