



Lower Intermediate S1

The Best Yoga Class in Hong Kong

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Traditional Chinese

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

Jyutping

- A ngo5 soeng2 bou3 meng2 soeng5 ni1 go3 jyu4 gaa1 baan1.
B ng4 hou2 ji3 si1, ni1 baan1 ji5 ging1 mun5 zo2.
A aa4, ngo5 zan1 hai6 hou2 soeng2 hok6 o6.
B baa1 leoi4 mou5 baan1 zung6 jau5 wai2, nei5 soeng2 ng4
soeng2 si3 haa5 ?
A jyu4 gaa1 baan1 gei2 si4 zoi3 hoi1 baan1 ?
B haa6 go3 jyut6.
A ngo5 dou1 hai6 dang2 laa1.

English

- A I would like to sign up for this Yoga class
B Sorry, that class is full.
A Oh... I really wanted to learn.
B How about ballet? There are spaces available.
A When does the next Yoga class start?
B Next month.
A Ok. I'll wait.

Vocabulary

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Traditional	Jyutping	English
瑜伽	jyu4 gaa1	yoga
芭蕾舞	baa1 leoi4 mou5	ballet
報名	bou3 meng2	to sign up
滿	mun5	full
有位	jau5 wai2	to have space
開班	hoi1 baan1	to start class
健身房	gin6 san1 fong4	gym
健身會員	gin6 san1 wui2 jyun4	gym membership

Vocabulary Sample Sentences

瑜伽而家係中國好受歡迎。	Jyu4 gaa1 ji4 gaa1 hai2 zung1 gok3 hou2 sau6 fun1 jing4.	Yoga is very popular in China now.
芭蕾舞演員嘅表演動作好優美。	Baa1 leoi4 mou5 jin2 jyun4 ge3 biu2 jin2 dung6 zok3 hou2 jau1 mei5.	The ballet dancer's performance was excellent.
三月份就會截止報名啦。	Saam1 jyut6 fan6 zau6 wui5 zit6 zi2 bou3 meng2 laa1.	March is the deadline to sign up.
書架上放滿書。	Soeng6 ng5 ge3 jyu4 gaa1 baan1 zung6 jau5 hou2 do1 wai2.	The bookshelf is full of books.
上午嘅瑜伽班仲有好多位。	Soeng6 ng5 ge3 jyu4 gaa1 baan1 zung6 jau5 hou2 do1 wai2.	There is space available in the morning yoga class.
健身房通常係二月份開班。	Gin6 san1 fong4 tung1 soeng4 hai2 ji6 jyut6 fan6 hoi1 baan1.	The fitness room class usually starts in February.
我屋企附近有間健身房。	Ngo5 uk1 kei2 fu6 gan6 jau5 gaan1 gin6 san1 fong4.	There is a gym in my neighborhood.
有健身會員嘅人可以去健身房游水。	Jau5 gin6 san1 wui2 jyun4 ge3 jan4 ho2 ji5 heoi3 gin6 san1 fong4 jau4 sei2.	People with a gym membership can swim in the gym.

Grammar Points

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員 ("I bought a gym membership for a year") or 你瘦咗好多嘢 ("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。
"When you're ready, give me a shout."
2. 而家空咗。
"It is now empty."
3. 呢件事搞掂咗。
"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 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.