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Vocabulary Builder Reference from...

Krishna Sudhir: What yoga does to your body and brain | TED Talk

https://www.ted.com/talks/krishna_sudhir_what_yoga_does_to_your_body_and_brain

Advanced Words Only

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Session 1: Word List

sage

n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb

synonym : philosopher, scholar, thinker

(1) a **sage** of long ago, (2) a **sage** counselor

He was famous for his **sage** advice to younger entrepreneurs.

codify

v. to organize or arrange laws or rules into a systematic code

synonym : systematize, organize, arrange

(1) **codify** lessons, (2) **codify** the law into a document

They began to **codify** the rules and regulations of the organization.

yoke

n. a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one

synonym : bondage, tether, coupling

(1) **yoke** up a horse, (2) under the **yoke** of slavery

The plow was attached to the **yoke**, allowing the farmer to till

the soil.

restrain

v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses

synonym : restrict, limit, control

(1) **restrain** from violence, (2) **restrain** a child

The police had to **restrain** the suspect after he became violent during the arrest.

gymnastics

n. a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility

synonym : acrobatics, tumbling, contortion

(1) **gymnastics** competition, (2) **gymnastics** routine

Gymnastics classes are fun for kids to stay active and learn new skills.

contemplate

v. to think about a possible future action or to think about something for a long time thoughtfully

synonym : think over, ponder, consider

(1) **contemplate** a marriage, (2) **contemplated** leaving school

I recently **contemplated** dropping out of school and getting a full-time job.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

well-being

n. the state of being happy and healthy and prosperous

synonym : health, welfare, happiness

(1) the **well-being** of a nation, (2) a sense of **well-being**
We are responsible for the care and **well-being** of all our employees.

determinant

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

synonym: cause, factor, element

(1) environmental **determinant**, (2) a **determinant** of crop yields

One **determinant** of success is having a positive attitude and a strong work ethic.

ligament

n. a band of tissue that connects bones or holds organs in place to support and stabilize the body

synonym: band, cord, tendon

(1) a **ligament** in the ankle, (2) cruciate **ligament**

The **ligaments** in the knee provide stability and support.

tendon

n. a strong, fibrous cord of tissue that connects muscle to bone

synonym: tissue, sinew, ligament

(1) **tendon** grafting, (2) **tendon** collagen

Tendon injuries are common among athletes.

collagen

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

synonym: gelatin, protein, tissue

(1) **collagen** supplement, (2) **collagen** production

Our natural **collagen** production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

reflex

n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli

synonym: reaction, response, instinct

(1) **reflex** test, (2) knee **reflex**

My leg kicked involuntarily when the doctor tapped my knee with the **reflex** hammer.

constrict

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

synonym: squeeze, compress, tighten

(1) **constrict** blood vessels, (2) **constrict** freedom

The snake's muscles began to **constrict** around its prey.

skeletal

adj. of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

synonym: bony, emaciated, gaunt

(1) **skeletal** system, (2) **skeletal** muscles

The older man was skinny and **skeletal** and not in good health.

rheumatoid

n. a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body

synonym: arthritis, joint inflammation, rheumatism

(1) **rheumatoid** disease, (2) **rheumatoid** factor

My aunt suffers from **rheumatoid** arthritis and has trouble moving her joints.

osteoporosis

n. a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

(1) **osteoporosis** treatment, (2) **osteoporosis** prevention

As we age, we become more at risk for **osteoporosis**, a condition that weakens the bones in our bodies.

regiment

n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine

synonym : unit, brigade, battalion

(1) logistics **regiment**, (2) marching **regiment**

The army **regiment** marched in perfect unison during the parade.

bronchitis

n. an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors

synonym : chest cold, respiratory infection, bronchial inflammation

(1) viral **bronchitis**, (2) chronic **bronchitis**

I have a terrible case of **bronchitis** and need to see a doctor.

emphysema

n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

synonym : COPD, lung disease, respiratory disorder

(1) **emphysema** treatment, (2) chronic **emphysema**

The onset of **emphysema** can be gradual, with symptoms appearing over several years.

passageway

n. a narrow pathway or corridor, especially one that allows movement between different areas or regions

synonym : corridor, hallway, passage

(1) **passageway** lighting, (2) an enclosed **passageway**

The narrow **passageway** was the only route to the hidden chamber.

longstanding

adj. having existed for a long time

synonym : deep-rooted, continuing

(1) **longstanding** relationship, (2) **longstanding** tradition

The **longstanding** trading built mutual reliance.

conclusive

adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

synonym : decisive, definitive, convincing

(1) **conclusive** information, (2) **conclusive** statement
The research provided **conclusive** evidence that the new treatment was effective.

Session 2: Spelling

1. co_____en supplement
n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
2. con_____ted leaving school
v. to think about a possible future action or to think about something for a long time thoughtfully
3. re_____in from violence
v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
4. viral bro_____is
n. an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors
5. lon_____ing tradition
adj. having existed for a long time
6. a s__e counselor
n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
7. ost_____sis treatment
n. a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures

ANSWERS: 1. collagen, 2. contemplate, 3. restrain, 4. bronchitis, 5. longstanding, 6. sage, 7. osteoporosis

8. con_____ve statement *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
9. gym_____cs competition *n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility
10. chronic em_____ma *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms
11. a li_____nt in the ankle *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
12. a sense of wel_____ng *n.* the state of being happy and healthy and prosperous
13. marching re_____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
14. co____y the law into a document *v.* to organize or arrange laws or rules into a systematic code
15. pas_____ay lighting *n.* a narrow pathway or corridor, especially one that allows movement between different areas or regions
16. environmental det_____nt *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

ANSWERS: 8. conclusive, 9. gymnastics, 10. emphysema, 11. ligament, 12. well-being, 13. regiment, 14. codify, 15. passageway, 16. determinant

17. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
18. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
19. con_____te a marriage *v.* to think about a possible future action or to think about something for a long time thoughtfully
20. sk_____al system *adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
21. te____n collagen *n.* a strong, fibrous cord of tissue that connects muscle to bone
22. gym_____cs routine *n.* a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility
23. y__e up a horse *n.* a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
24. te____n grafting *n.* a strong, fibrous cord of tissue that connects muscle to bone
25. a s__e of long ago *n.* a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb

ANSWERS: 17. constrict, 18. improvisation, 19. contemplate, 20. skeletal, 21. tendon, 22. gymnastics, 23. yoke, 24. tendon, 25. sage

26. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
27. a det_____nt of crop yields *n.* a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result
28. sk_____al muscles *adj.* of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated
29. rhe_____id disease *n.* a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
30. ost_____sis prevention *n.* a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
31. under the y__e of slavery *n.* a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
32. chronic bro_____is *n.* an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors

ANSWERS: 26. improvisation, 27. determinant, 28. skeletal, 29. rheumatoid, 30. osteoporosis, 31. yoke, 32. bronchitis

33. re___x test *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
34. knee re___x *n.* an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
35. rhe_____id factor *n.* a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
36. co_____en production *n.* a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues
37. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
38. an enclosed pas_____ay *n.* a narrow pathway or corridor, especially one that allows movement between different areas or regions
39. co___y lessons *v.* to organize or arrange laws or rules into a systematic code
40. em_____ma treatment *n.* a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms

ANSWERS: 33. reflex, 34. reflex, 35. rheumatoid, 36. collagen, 37. constrict, 38. passageway, 39. codify, 40. emphysema

41. cruciate li_____nt *n.* a band of tissue that connects bones or holds organs in place to support and stabilize the body
42. the wel_____ng of a nation *n.* the state of being happy and healthy and prosperous
43. logistics re_____nt *n.* a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
44. con_____ve information *adj.* serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt
45. re_____in a child *v.* to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses
46. lon_____ing relationship *adj.* having existed for a long time

ANSWERS: 41. ligament, 42. well-being, 43. regiment, 44. conclusive, 45. restrain, 46. longstanding

Session 3: Fill in the Blanks

1. He was famous for his _____ advice to younger entrepreneurs.
n. a very wise and experienced person; a small evergreen subshrub with flat and light green leaves that has a strong smell and are used as a culinary herb
2. The onset of _____ can be gradual, with symptoms appearing over several years.
n. a chronic respiratory disease often caused by smoking or exposure to air pollutants, characterized by damage to the lungs over time, which results in shortness of breath and other respiratory symptoms
3. _____ injuries are common among athletes.
n. a strong, fibrous cord of tissue that connects muscle to bone
4. He created a beautiful piece of music using only _____.
n. the act of making something up on the spot or creating or performing something without preparation
5. The plow was attached to the _____ allowing the farmer to till the soil.
n. a wooden or metal bar, often fitted across the necks of two animals, used to connect them for working together; a burden, oppression, or subjugation; (verb) to join together or connect two or more things in a way that they function as one
6. We are responsible for the care and _____ of all our employees.
n. the state of being happy and healthy and prosperous
7. The police had to _____ the suspect after he became violent during the arrest.
v. to prevent or hold back from doing something, often by physical or moral force; to limit or restrict one's actions or behavior; to control or moderate strong emotions or impulses

ANSWERS: 1. sage, 2. emphysema, 3. Tendon, 4. improvisation, 5. yoke, 6. well-being, 7. restrain

8. The _____ trading built mutual reliance.
adj. having existed for a long time
9. The _____ in the knee provide stability and support.
n. a band of tissue that connects bones or holds organs in place to support and stabilize the body
10. My leg kicked involuntarily when the doctor tapped my knee with the _____ hammer.
n. an automatic and unthinking response to a particular stimulus; a physical reaction to external stimuli
11. The army _____ marched in perfect unison during the parade.
n. a large military unit, usually consisting of several battalions and commanded by a colonel or higher-ranking officer; a strict or organized system or routine
12. My aunt suffers from _____ arthritis and has trouble moving her joints.
n. a chronic, inflammatory autoimmune disorder that primarily affects the joints, causing pain, swelling, and stiffness; it can also cause damage to other parts of the body
13. They began to _____ the rules and regulations of the organization.
v. to organize or arrange laws or rules into a systematic code
14. As we age, we become more at risk for _____ a condition that weakens the bones in our bodies.
n. a medical condition characterized by a loss of bone density or mass, resulting in fragile and porous bones that are at increased risk for fractures
15. _____ classes are fun for kids to stay active and learn new skills.
n. a sport that involves feats of strength, agility, and balance, often performed on apparatus such as a balance beam or a set of parallel bars; any physical exercise that involves movement and agility

ANSWERS: 8. longstanding, 9. ligaments, 10. reflex, 11. regiment, 12. rheumatoid, 13. codify, 14. osteoporosis, 15. Gymnastics

16. The research provided _____ evidence that the new treatment was effective.

adj. serving to settle an issue or put an end to doubt or uncertainty; irrefutable and leaves no room for doubt

17. I have a terrible case of _____ and need to see a doctor.

n. an inflammation of the bronchial tubes, often resulting in cough, chest discomfort, and difficulty breathing, can be caused by viral or bacterial infections, environmental irritants, or other factors

18. One _____ of success is having a positive attitude and a strong work ethic.

n. a factor, circumstance, or condition that contributes to the shaping, influencing, or determining of a particular outcome or result

19. The older man was skinny and _____ and not in good health.

adj. of, relating to, or forming a skeleton (= frame of bones); very thin or emaciated

20. Our natural _____ production decreases as we age, leading to wrinkles, sagging skin, and joint pain.

n. a fibrous protein that forms the connective tissues in animals, including skin, tendons, and bone; often used in cosmetic and medical treatments for its ability to add firmness and elasticity to skin or other tissues

21. I recently _____ dropping out of school and getting a full-time job.

v. to think about a possible future action or to think about something for a long time thoughtfully

22. The snake's muscles began to _____ around its prey.

v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter

ANSWERS: 16. conclusive, 17. bronchitis, 18. determinant, 19. skeletal, 20. collagen, 21. contemplated, 22. constrict

23. The narrow _____ was the only route to the hidden chamber.

- n.* a narrow pathway or corridor, especially one that allows movement between different areas or regions

ANSWERS: 23. passageway