



Segment 12 (Units 21–24)

Massage for relaxation

Previewing: Sound Off

Watch the video segment with the sound off and answer the questions below. You can guess if you're not sure.

1. Who are the people?

2. What are they doing?

3. How many different types of massage do you see?

4. What is the purpose of the show?

Gist Viewing: Sound On

Watch the video again, but with the sound on. Were your answers correct?

In-Depth Viewing

Watch the video segment again. Write *W* for *Western massage techniques*, *R* for *reflexology*, or *A* for *Asian body work* after each statement.

1. Used for back pain, muscle pain, and joint problems _____
2. Can normalize tissues, organs, and structures in the body _____
3. Involves applying pressure to spots on the foot _____
4. Involves applying pressure to "acupoints" or "meridians" _____
5. Tries to balance the flow of Chi or Ki in the body _____