

# Meditation - Listening

English 9



**Listen to the YouTube video  
, Meditation and your brain-  
6 minutes English'**



**Tick the correct sentences.**

**① How does Sam relax?**

- ☐ She likes to read a book.
- ☐ She likes to go swimming.
- ☐ She likes to ride her bike.

**② What is Buddhist meditation?**

- ☐ It is an ancient tradition.
- ☐ It is a powerful sport.
- ☐ It is a relaxing way of life.

**③ According to Prof. Richard Davidson, mediation is ...?**

- ☐ a lifestyle.
- ☐ a hobby.
- ☐ a science.

**④ The word „enduring“ means ...?**

- ☐ long-lasting.
- ☐ frequent.
- ☐ short.

**⑤ How many minutes of meditation a day are enough ?**

- ☐ 3 minutes a day are already enough.
- ☐ 30 minutes a day are already enough.
- ☐ 35 minutes a day are already enough.

**⑥ What does the Tibetan word for ,meditation' stand for?**

- ☐ It means to feels blissful.
- ☐ It means ,to relax'.
- ☐ It means to become familiar with more positive thoughts and emotions.

