

# 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.

