

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.

