## Meditation - Text based tasks 2 English

1	Answer the questions in complete sentences.	
	What is mindfulness meditation?	
	Mills of the second treation 2	
	What is meditation?	
	The aim of mindfulness meditation is?	
2	Ask questions. Use four different question forms.	
	You are taking part in a mediation workshop. Ask the meditation instructor questions about meditation. Ask four questions.	
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