



A . Text-based tasks

① Decide whether the statements are true, false or not in the text.

	true	false	not in the text
Mindfulness meditation is when you accept everything as is.	☐	☐	☐
The breath during meditation is only important for the beginning.	☐	☐	☐
A different meditation method are for example walking meditations.	☐	☐	☐
Meditation can help you to fight your fears.	☐	☐	☐
In order to meditate, you should try to find a quiet place where nobody can disturb you.	☐	☐	☐
Mindful meditation is based on traditions of Jews.	☐	☐	☐

② Finish the sentences using the information given in the text.

- When your mind wanders ...

- Meditation can ...

- The breath ...