AB: Text based tasks 2 English

1	Ar	nswer the questions in complete sentences.	
	•	What is mindfulness meditation?	
	•	What is meditation?	
	•	The aim of mindfulness meditation is?	
2	As	sk questions. Use four different question forms.	
		ou are taking part in a meditation workshop. Ask the meditation instructor questions about the deditation. Ask four questions.	out

