

Unit 3 – Lesson 6



Mason: Hi, Elena. What you on Saturday?

Elena: I'm not anything. Why?

Mason: I'm a video talk on sound meditation.

Elena: What's sound meditation?

Mason: It's learning to to everything around you at that moment, even the sounds you don't like, like a loud or a Sound meditation can help you stay when you're

Elena: That sounds interesting. When you the talk?

Mason: At 3:00 p.m. my time. You can online!

Elena: Cool! I'm forward to it.

