

## **Meditation**

### **Vocabulary**

#### **Match the words/phrases to their definitions:**

Deep breathing	a) the feeling of calm and clarity achieved through meditation
Guided meditation	inner peace
Inner peace	b) focusing fully on the present moment, without distraction
Mindfulness	to unwind
To be absorbed in thought	c) to relax and release tension
To unwind	guided meditation
	d) a meditation session where someone leads you with instructions
	deep breathing
	e) breathing slowly and fully to reduce stress and tension
	to be absorbed in thought
	f) to be fully focused on your thoughts or imagination

#### **Complete the sentences with the correct word or phrase**

1. I like to practice \_\_\_\_\_ every morning to start the day calm and focused.
2. After a long day at work, I just need ten minutes to \_\_\_\_\_ and let go of stress.
3. Many people use \_\_\_\_\_ apps when they are new to meditation.
4. Yoga often teaches people \_\_\_\_\_ to help them feel relaxed and present.
5. During the train ride, she was completely \_\_\_\_\_ and didn't notice the noise around her.
6. Meditation can help you achieve \_\_\_\_\_ and reduce anxiety.

## **Speaking**

1. Have you ever tried meditation or mindfulness exercises? How did it make you feel?
2. What do you do to relax and unwind after a stressful day?
3. Do you prefer guided meditation or meditating on your own? Why?
4. How can deep breathing or being absorbed in thought help with concentration or emotional control?
5. Can meditation or mindfulness improve your daily life? Give specific examples
6. Describe a situation when achieving inner peace would be especially useful for you