

What do you like to do to relax after a hard day __ work?

Usually I do nothing after work and watch TV, but I have recently ____ thinking about meditation. Have you ever tried it?

Yes, I do Yoga twice a week. It really helps me to ____ down and relax.

How ____ have you been doing that?

A little more than a ____ now. It's not all meditation, but you could come with me next week, if you would like to try it?

I'm not sure if I would like to do Yoga with other ____.

That's ok. Let me know if you _____ your mind.

Will do! Maybe for now I'll just start with some short walks on the _____.



That _____ great too. You should try South Beach!



Practice the Dialogue Online



Listen to the Dialogue

Solutions: What do you like to do to relax after a hard day at work? / Usually I do nothing after work and watch TV, but I have recently **been** thinking about meditation. Have you ever tried it? / Yes, I do Yoga twice a week. It really helps me to **calm** down and relax. / How **long** have you been doing that? / A little more than a **year** now. It's not all meditation, but you could come with me next week, if you would like to try it? / I'm not sure if I would like to do Yoga with other **people**. / That's ok. Let me know if you **change** your mind. / Will do! Maybe for now I'll just start with some short walks on the **beach**. / That **sounds** great too. You should try South Beach!

Would you like to be informed once or twice a month by email about valuable learning tips and strategies, as well as of updates to our free learning portals?

[Subscribe to Our Newsletter](#)

