

Verschriftliche den Dialog

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Lösungen: 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!