



[Listen to Dialogue](#)



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!