WORKSHEET 1

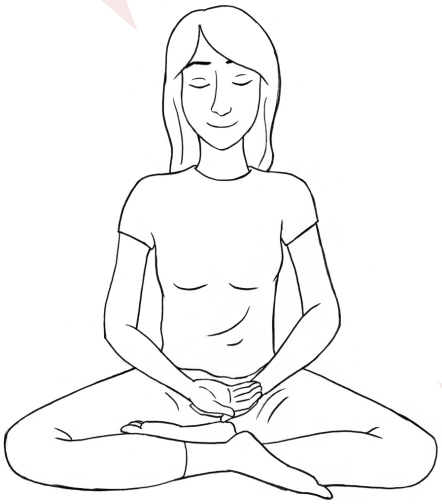
BUDDHIST MEDITATION

EXERCISES

1. Read the text in **Material 2** and write down key points in the text bubbles.
2. Discuss ideas with your neighbor and add more bullet points.
3. Compare your results with a neighboring group.
4. Agree in the group which key points you will write down for your presentation.
5. Present your results in the plenary.

What is meant by Buddhist meditation?

What positive effects does meditation have?



What is the sitting posture?

What types of Buddhist meditation are there?
What are their respective goals?

TYPES OF MEDITATION	GOALS OF EACH MEDITATION