



11

relaxed

형 편안함

Jane looked very relaxed on the massage chair.

Jane은 그 마사지 의자에서 매우 편안해 보였다.

12

A as well as B

B뿐만 아니라 A도

The winner received a trophy as well as the prize money.

그 승자는 상금뿐만 아니라 트로피도 받았다.

13

anxiety

명 불안감

Many people feel anxiety about the future.

많은 사람들은 미래에 대해 불안감을 느낀다.

14

hobby

명 취미

Collecting stamps is his hobby.

우표를 모으는 것이 그의 취미다.

15

sign up

등록하다

You can sign up for our tennis class.

당신은 저희 테니스 수업에 등록할 수 있습니다.

숨 쉬러 오시겠어요?

144 words



- 1 Do you feel stressed out by all of the things going on in your life? If **so**, we have the perfect solution for you. Join our meditation classes every Monday and Friday. These classes are the perfect **way to start** and **end** your week. Our classes can help improve your concentration, happiness, and overall health.
- 5 We use breathing meditation to relax the mind and body. During our breathing meditation classes, you will focus on each of your breath. As you do this, all the worries and stress of life will start to disappear. Your thoughts will stop racing, and your body will feel relaxed. Breathing meditation has been shown to (as well as / anxiety / stress / memory / reduce / improve / and).
- 10 So if you want a new, relaxing hobby, come on in. You can sign up at the front desk or visit us online at www.meditationforchange.com.



Check for Words

- ☐ solution 명 해결책
- ☐ meditation 명 명상
- ☐ concentration 명 집중력
- ☐ overall 형 전반적인
- ☐ focus on ~에 집중하다
- ☐ A as well as B B뿐만 아니라 A도
- ☐ anxiety 명 불안감





5. W: What do you do in your free time, David?

M: I like cycling, and I also like to travel.

W: I used to travel a lot, too.

M: You don't travel anymore? Why not? Traveling is so much fun.

W: It is, but I have no time and no money.

W: I see. Then don't you do anything these days?

W: Actually, I do yoga. I like it because I feel relaxed.

M: I agree. I also do yoga and meditation, and they make my anxiety go away instantly.



5. 대화를 듣고, 여자의 취미활동으로 가장 적절한 것을 고르시오. ④

- ① 명상하기
- ② 수영하기
- ③ 여행하기
- ④ 요가 하기
- ⑤ 자전거 타기



6. M: How may I help you today?

W: I'd like to buy a bag.

M: Okay. All bags are on fifty percent off sale today.

W: Great! How much is this black bag?

M: It only costs twenty dollars.

W: Wow. What about this purple bag?

M: It's thirty dollars.

W: I see. I will take the purple bag, please.



6. 대화를 듣고, 여자가 구입한 가방의 할인 전 가격을 고르시오. ⑤

- ① \$20
- ② \$30
- ③ \$40
- ④ \$50
- ⑤ \$60

A. Vocabulary Review

▶ 빈칸에 들어갈 가장 알맞은 말을 <보기>에서 골라 쓰시오. (단, 필요시 형태를 바꾸어 쓸 것)

보기

relaxed

breath

disappear

happiness

1. My purse disappeared while I wasn't paying attention.
(내가 주의를 기울이지 않고 있는 사이에 나의 지갑이 사라졌다.)
2. What do you think is the greatest happiness in life?
(당신은 인생 최대의 행복이 무엇이라고 생각하는가?)
3. The diver took a deep breath and jumped off.
(그 다이빙 선수는 심호흡을 한 번 하고 뛰어내렸다.)
4. Lavender tea will make you feel relaxed.
(라벤더 차는 당신이 편안하게 느끼도록 할 것이다.)

B. Listening Review

1. 다음 표를 보면서 대화를 듣고, 여자가 신청할 프로그램을 고르시오. ⑤



	Science	Math	English
① Program A	O	O	O
② Program B	O	X	X
③ Program C	O	O	X
④ Program D	O	X	O
⑤ Program E	X	O	O

2. 대화를 듣고, 남자의 마지막 말에 대한 여자의 응답으로 가장 적절한 것을 고르시오. ③



W: _____

- ① What's the matter?
- ② Thank you for your advice.
- ③ I'd also like two stamps, please.