



*BE MINDFUL,
ENJOY LIFE,
LEARN ENGLISH!*

English 3 Podcasts Series
CFA Rius i Taulet

MARCH 2025

English 3 Morning and Afternoon Groups

Here starts the first podcasts series on mindfulness that both the morning and the afternoon groups of English 3 have recorded for the whole CFA Rius i Taulet community. Be mindful and enjoy it!



English 3
(G1M)



MEDITATION (I)

Script

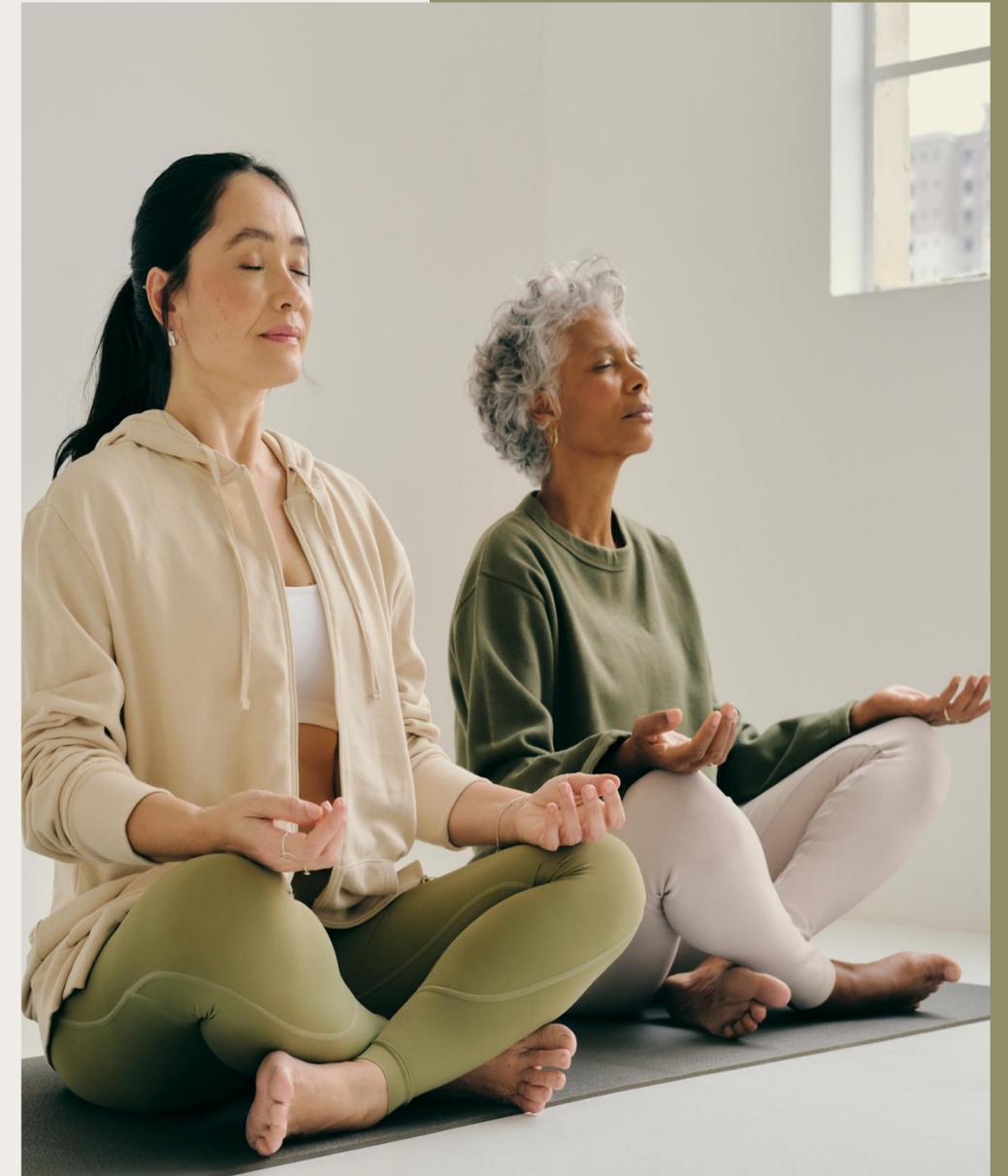
Hi everyone!

We are going to talk about meditation.

First of all, meditation is a technique to help us reduce stress and connect our mind with our body. Also, it is a good exercise to help us to be in the present moment. Let's see an example of meditation.

First, you can sit in a comfortable position and bring attention to your body. Then, close your eyes and notice your body seated wherever you are. Next, breathe in and out through your mouth and nose while you count 1, 2, 3, 4 or 4, 3, 2, 1. Breathe deeply. Bring your attention to all parts of your body, let them be soft, relax. Now, notice your whole body present, take a breath every time you think of each part of your body and then, when you are ready, you can open your eyes.

In conclusion, in our opinion meditation is a good thing, but there are also other things to exercise your mind. For instance, practising physical exercise, like going to the gym, running, swimming, etc. All these practices also keep our minds healthy. They are good to reduce stress and cortisol and create endorphins.



MEDITATION (II)



Script

Hello!

Today, we want to talk about meditation.

Meditation is the fastest and the best way to de-stress, to lower your level of stress in real time, and this is very important because life is stressful, right?

We can't control external events, and we hear all this stuff like meditation, mindfulness, yoga, vacation, massages, etc., and that's great, but what if we are stressed at this moment? For instance, you are about to give a talk, you are in a difficult conversation or the world seems to be spinning around you. Then, a physiological sigh brings your level of stress down immediately, very quickly, and we all have the capacity to do this.

It's done in the following way:

Inhale twice through the nose, the first time inhale until your lungs are completely filled. Then, you look for a bit more air as you inhale for the second time. Next, you exhale long and slowly through the mouth until your lungs are completely empty.

In our opinion, a physiological sigh can help us bring our level of stress down very quickly, and we think that this is the key.

MANDALAS

Script

The mandalas are symmetrical drawings that you paint with a lot of colours.

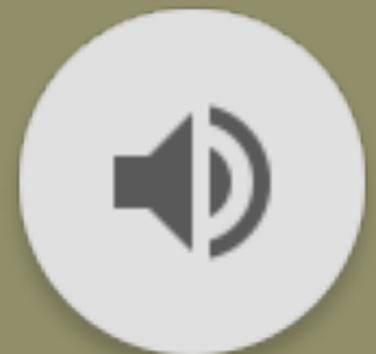
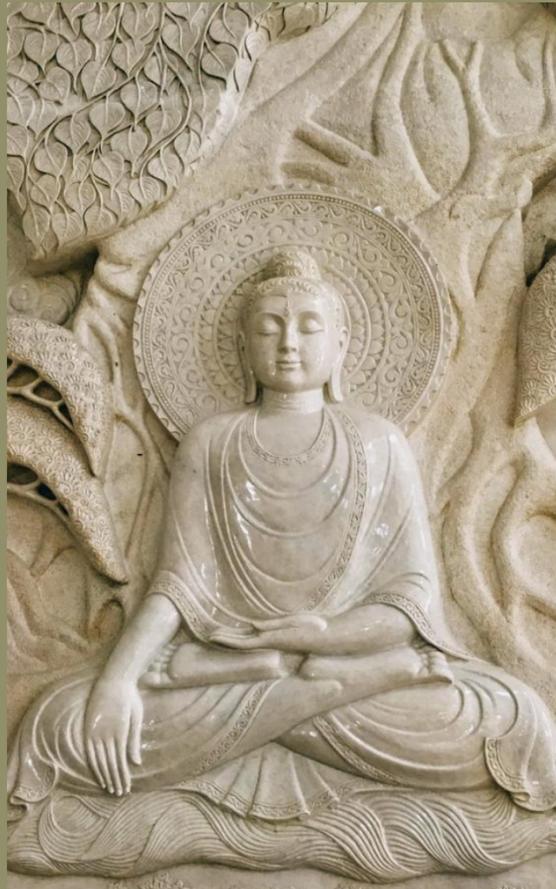
On today's podcast, we are going to talk about the benefits of colouring mandalas.

First, prepare your workplace.

Try to relax with music and candles. Your mind has to be focused.

Now, start painting and enjoy it.

In conclusion, practising mandalas is perfect for relaxing.





English 3
(GIT)

WHAT IS MINDFULNESS?

Script

Good afternoon,

We're going to talk about mindfulness.

Let's start by taking a deep breath, then inhale and exhale, and then you can close your eyes.

Some benefits of mindfulness are the following:

- It keeps our minds healthy.
- It helps us to have a better performance and make the ups and downs of life better.
- It helps us to live in the present moment, improving concentration.
- It's the opposite of being on autopilot.

For instance, it is recommended to practice it a few minutes per day.

Finally, our opinion about mindfulness is that it's very positive for our health and it's currently very necessary because people are very stressed in their daily lives.



MEDITATION (I)

Script

Hi everyone!

Today's topic is the mother of all relaxing practices, which is meditation.

Its practice has ancient roots, particularly in India, being the foundation of different traditions, such as Hinduism and Buddhism. In general, various religions, such as Christianity, Islamism or Judaism have their different forms of meditation through prayer.

In modern times, meditation has increased in popularity as a vital tool for mental and emotional wellbeing, like yoga and mindfulness.

How to practice meditation?

We can practice meditation at any moment of the day. The best way to do this is having a daily routine, it just takes 10 minutes, and we have to follow these short steps:

- Find a quiet place
- Sit comfortably
- Focus on your breathing
- Let go the negative thoughts
- Inhale and exhale

As a conclusion, meditation brings a lot of benefits to our bodies and minds, like stress and anxiety reduction and a sense of mental and physical wellness. There are also many types of resources that can be helpful for beginners, such as online apps, YouTube videos, and podcasts, like this one.



MEDITATION (II)



Script

Hi everyone,

Today we're going to talk about meditation in yoga.

In general people sit in a comfortable position when they want to meditate.

First of all, we're trying to define what yoga is.

Yoga is a physical, spiritual and mental discipline that originated in India. It's a millennial practice.

The objective of yoga is to control mind and body. In general, its benefits are:

- Helping you to relax
- Reducing stress
- Improving your concentration, and
- Helping you to sleep better

In our opinion, meditation is a very important practice that helps people to feel better.

MANDALAS (I)

Script

Hello!

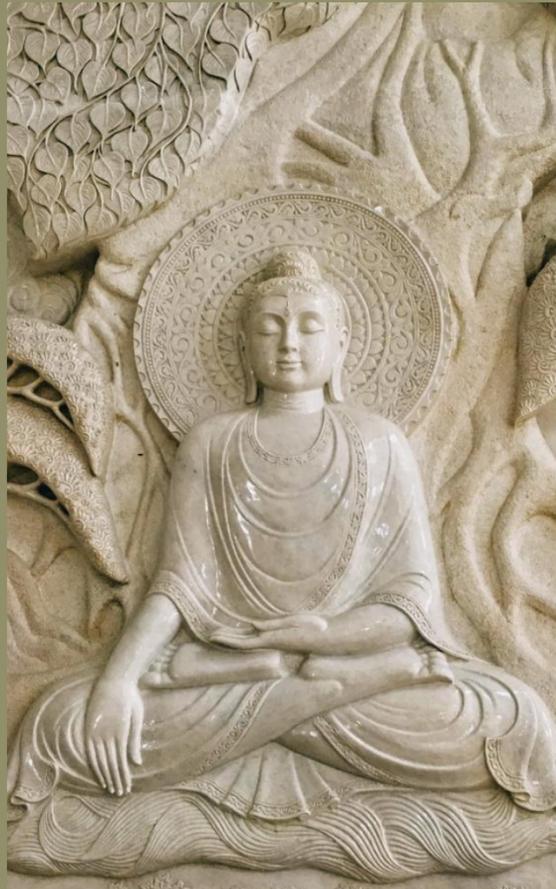
We're going to talk about mandalas.

First of all, we're trying to tell you about the benefits of this activity.

For instance, if you colour mandalas you will be able to be calm, concentrated, and relaxed. In other words, you will be happier.

Every day, we colour mandalas after dinner during 10 minutes.

Finally, we think that colouring mandalas is beneficial for our mental health, and at the same time we can have a good time.



MANDALAS (II)

Script

Hello classmates!

Today, we're going to talk about mandalas.

In general, for me and for some people to be relaxed every day is important.

Last month, I bought a mandalas notebook and also several colour pencils to colour them.

In the same way, this practice helps us to stay well every day.

Finally, we practice mandalas two or three days per week.



PHILOSOPHIES

(ZEN)



Script

Hello everybody!

We're going to talk about Zen.

Zen is a school of Buddhism based on developing our compassion and knowledge through meditation.

Zen is more than a belief, it is a way of living in the present moment. It helps us to feel that we are alive, accepting our past and future. In addition, nature and life itself are connected. In fact, we're all one.

Practising meditation frequently we will sleep better, have less stress and reach a good happiness level.

In conclusion, Zen is a good tool to improve our life.

PHILOSOPHIES

(BUDDHISM)



Script

Today we will talk about Buddhism.

The main idea is that our thoughts can change our reality. Buddha said that our mind is our guide.

Buddhism has meditation as its main practice. Meditation has many benefits, such as relaxation, self-awareness and presence.

We practice meditation every day to achieve full presence and gratitude. Meditation is a good self-control tool.

For us, Buddhism is a good philosophy for life because it includes several practices, such as yoga and meditation.

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