



# Phase 12/13 Mountain Pose

English 12, 13



## Watch

Is it true that yoga will awaken deeper energy, which is called kundalini?

J. Krishnamurti, 1979



- ① Outline the lecture of J. Krishnamurti.

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- ② Yoga is said to origin in India many thousand years ago.

Research the origins of Yoga further and write your information down in form of a mind map.

- ③ Some yogis say that yoga started as a form of protest against the exploitation of animals and our earth.

Write down how we currently exploit our planet.

- ④ Yoga heals our body as well as our mind - could it also help us to save our planet?

What do you think?

Write a short argumentative essay.

