

Phase 5 Mountain Pose

English 5

This is how we do Mountain Pose



Mountain Pose - Tandasana

① Find the German sentences.

Finde die deutschen Sätze.

- | | |
|------------------|------------------------|
| shoulders down ● | ○ Fersen auseinander |
| heels apart ● | ○ Zehen zusammen |
| neck straight ● | ○ Schultern runter |
| palms open ● | ○ gerader Nacken |
| toes together ● | ○ Handflächen geöffnet |

② Fill the gaps.

Fülle die Lücken.

Put your down.

Make sure your is straight.

Your are open.

Have your apart.

Put your together.





Phase 5 Mountain Pose

English 5

Parts of the body



Listening

Listen to the following recording.
Höre dir die folgende Aufnahme an.



③ Color the parts of the body like the following:

Male die Körperteile wie folgt an:

- | | |
|--------------------------|------------------------------|
| • forehead - white | • hands - brown |
| • face - grey | • palms - red |
| • neck - purple | • belly - yellow |
| • shoulders - dark green | • hips - orange |
| • chest - light green | • legs - light blue |
| • ribs - light grey | • feet - dark purple |
| • arms - pink | • heels and toes - dark blue |

