

# 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.





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English 5

## Parts of the body

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

