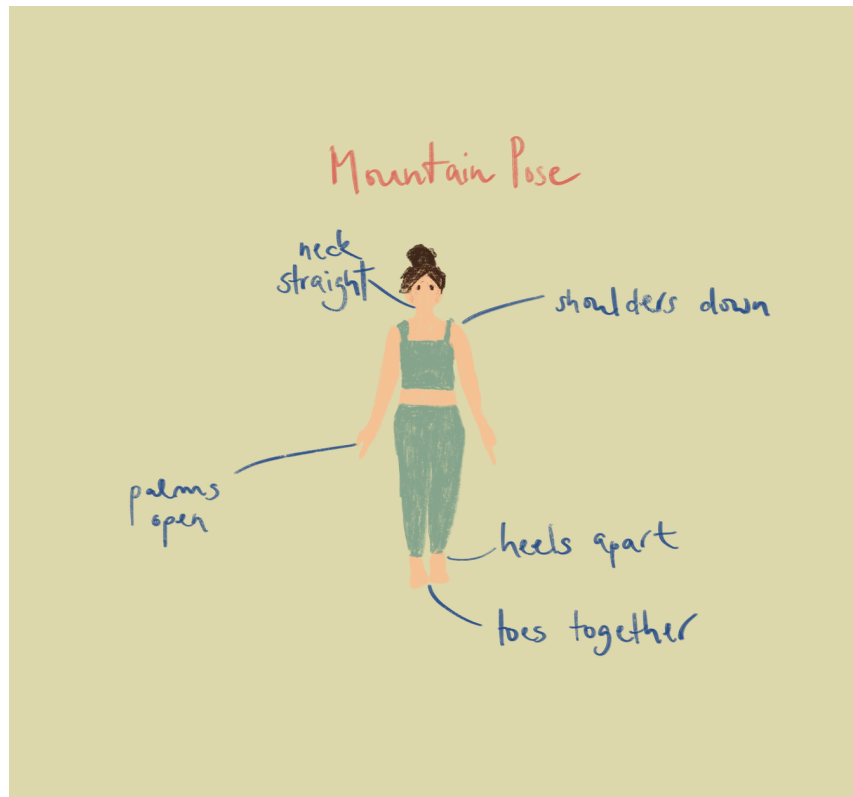


Phase 5 Mountain Pose

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
- 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

