



## Phase 6 Mountain Pose

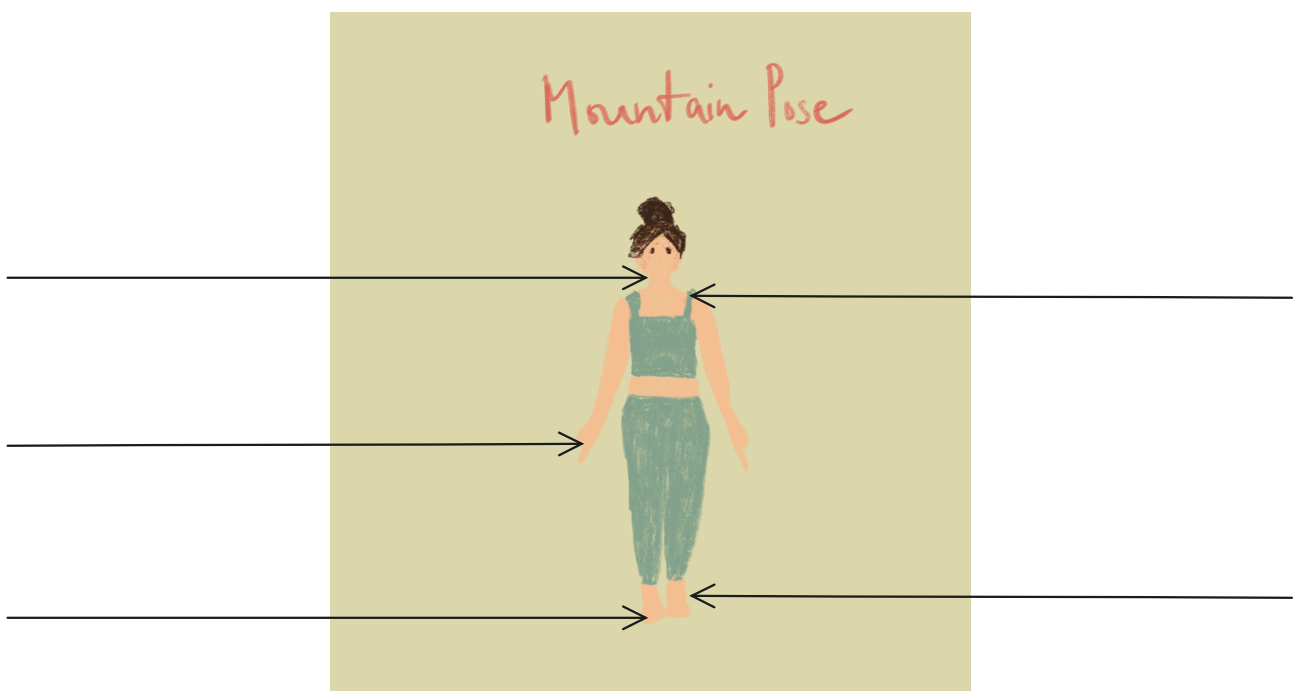
English 6

I stand in Mountain Pose.  
I roll my shoulders down.  
I hold my neck straight.  
I open my palms.  
I put my big toes together.  
I have my heels apart.

- ① Find the German sentence.  
*Finde den deutschen Satz.*

- |                               |                                          |
|-------------------------------|------------------------------------------|
| I stand in Mountain pose. ●   | ○ Ich rolle meine Schultern runter.      |
| I roll my shoulders down. ●   | ○ Ich stehe in der Berg Haltung.         |
| I hold my neck straight. ●    | ○ Ich öffne meine Hände.                 |
| I open my palms. ●            | ○ Ich mache meine großen Zehen zusammen. |
| I put my big toes together. ● | ○ Ich habe meine Fersen auseinander.     |
| I have my heels apart. ●      | ○ Ich halte meinen Nacken gerade         |

- ② Write the English sentences next to the according part of the body.  
*Schreibe die englischen Sätze neben das dazugehörige Körperteil.*





## Phase 6 Mountain Pose

English 6

- ③ Write all the verbs of the sentences into the box.

*Schreibe die Verben aus den Sätzen in die Box.*

- ④ Rewrite the sentences using she.

*Schreibe die Sätze in der sie-Form auf.*

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- ⑤ Put in the correct words.

*Füge das richtige Wort ein.*

big 1x   has 1x   He 1x   his 4x   holds 1x   Pose 1x   puts 1x   rolls 1x  
stands 1x   straight 1x

He \_\_\_\_\_ in Mountain \_\_\_\_\_.

He \_\_\_\_\_ shoulders down.

He \_\_\_\_\_ neck \_\_\_\_\_.

\_\_\_\_\_ opens \_\_\_\_\_ palms.

He \_\_\_\_\_ his \_\_\_\_\_ toes together.

He \_\_\_\_\_ heels apart.

