



# Phase 7 Mountain Pose

English 7



Hi, I am Julie. I really would love to do Mountain Pose.

Can you help me?  
What do I have to do?

- ① Give Julie instructions on how to do Mountain Pose.  
Do not forget to introduce yourself!

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- ② Which tense is correct?

|            | past tense            | present tense         | will-future           |
|------------|-----------------------|-----------------------|-----------------------|
| stood      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| will hold  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| has        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| was        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| rolled     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| will close | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| breathe    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |





## Phase 7 Mountain Pose

English 7

③ Find the correct German translation.

- |                                     |                                               |
|-------------------------------------|-----------------------------------------------|
| Did you stand? ●                    | ○ War dein Nacken gerade?                     |
| Do you put your heels together? ●   | ○ Bist du gestanden?                          |
| Will you close your eyes? ●         | ○ Hast du deine Schultern nach unten gerollt? |
| Did you roll your shoulders down? ● | ○ Wirst du deine Augen schliessen?            |
| Were your toes apart? ●             | ○ Macht man seine Fersen zusammen?            |
| Was your neck straight? ●           | ○ Waren deine Zehen auseinander?              |

④ Ask questions about the body parts in the box. Use the present tense.

neck  
shoulders  
palms  
toes  
heels

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### Help

Present tense tutorial.

