



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!

- ② Which tense is correct?

	past tense	present tense	will-future
stood	☐	☐	☐
will hold	☐	☐	☐
has	☐	☐	☐
was	☐	☐	☐
rolled	☐	☐	☐
will close	☐	☐	☐
breathe	☐	☐	☐





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



Help

Present tense tutorial.

