



Phase 8 Mountain Pose

English 8



Listening

Listen to one Mountain Pose sequence.



- ① Write the sequence down, exclude the description of the standing. Use your own words.

- ② Answer the following questions. Pay attention to the tenses.

Is it correct to stand on one foot?

Were there any balances in the sequence?

Did you stretch your arms in the sequence?

Will the sequence include inhaling and exhaling?





Phase 8 Mountain Pose

English 8

The mountain story

There once was a mountain surrounded by a lush green forest. The mountain was covered in snow in the winter and shone bright in summer. Huge boulders were part of its great body of rock.

The mountain stood there.

Strong and straight through every weather and any occurrence. It stood through heavy winds and easy breezes. It stood solid while thunder and hail crashed down on it and when light drops of warm rain drizzled over it.

The mountain sat there in the hot summer sun and shone bright when the sun set.

Sometimes it was covered in thick clouds and sometimes it stood underneath the clear blue sky.

Nothing could harm this solid form. No weather could break its strength.

Some seasons, wildfires heated its seat and stole all trees, bushes and greens around it. The mountain stood still.

Some seasons, earthquakes shook the ground and stole some boulders from its shoulders. The mountain still stood still.

With its solid appearance, the mountain gave strength to everyone who looked at it.

③ What does this story tell you about mountains?

④ What could we learn from the mountain?

