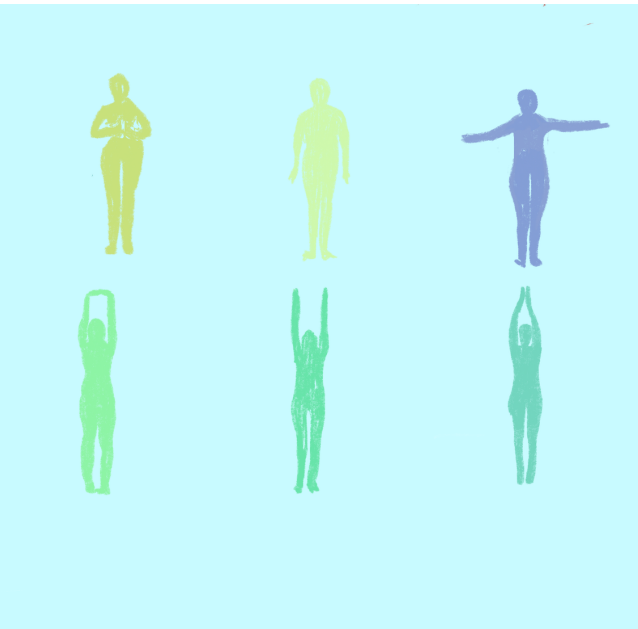
Phase 9 Mountain Pose

English 9

① Describe these poses. Number them and write the description next to the number.



Phase 9 Mountain Pose

English 9

Listening

Listen to the mountain story.

Answer the following questions. Write sentences.

1 Are there days when you feel like a mountain?

2 Are there days when you do not feel strong and stable?

3 Could the mountain pose help you and when could it help you?