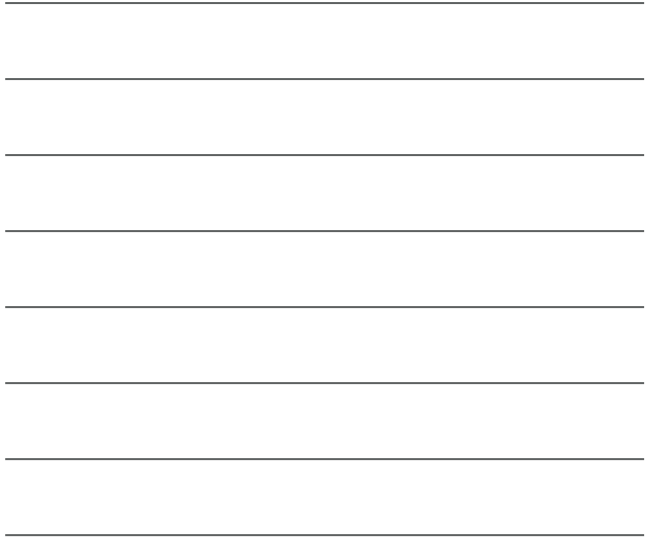




① Describe these poses. Number them and write the description next to the number.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.