

Paket

Mountain Pose

„This package is for everyone - not just yoga lovers and yogis. You will learn parts of your body, listen to stories, write about your opinion while learning how to stand in mountain pose.“



Teilziele

English 5, 6, 7, 8, 9, 10, 11, 12, 13

Materialien	Teilziele	✓
1	Ich weiß, wie ich mit dem SoL Mountain Pose arbeite.	
2	I know how to stand in Mountain Pose and I know the parts of the body.	
3	I know the verbs and I can rewrite sentences.	
4	I can introduce myself and give instructions. I know the tenses past, present tense and will-future. I can ask questions.	
6	I can describe the poses of the Mountain Pose sequence. I can answer questions individually.	
7	I understand the text and am able to differentiate verbs, adjectives and adverbs. I can express my opinion.	
8	I can list arguments and attempt to convince a reader.	
9	I can outline a lecture. I can research information and put them into a mind map. I can give my opinion and write an argumentative essay.	



Stempelkarte

English 5, 6, 7, 8, 9, 10, 11, 12, 13

Mountain Pose - Tandasana

1

Phase 5 Mountain Pose

2

Phase 6 Mountain Pose

3

Phase 7 Mountain Pose

4

Phase 8 Mountain Pose

5

Phase 9 Mountain Pose

6

Phase 10 Mountain Pose

7

Phase 11 Mountain Pose

8

Phase 12/13 Mountain Pose

9





So wird mit dem SoL für das Yoga LdE gearbeitet

1. Ladet euch das Paket herunter
2. Arbeitet die Arbeitsblätter für eure Phase und die Phasen davor ab -> wer also z.B. in Phase 7 ist, bearbeitet auch die Phasen 5 und 6
3. Es gibt kein M, R, E
4. Nach Bearbeitung ladet ihr euch das Lösungspaket herunter und überprüft eure Ergebnisse selbstständig
5. Für Fragen und Hilfestellungen -> the English Corner is always there for you!

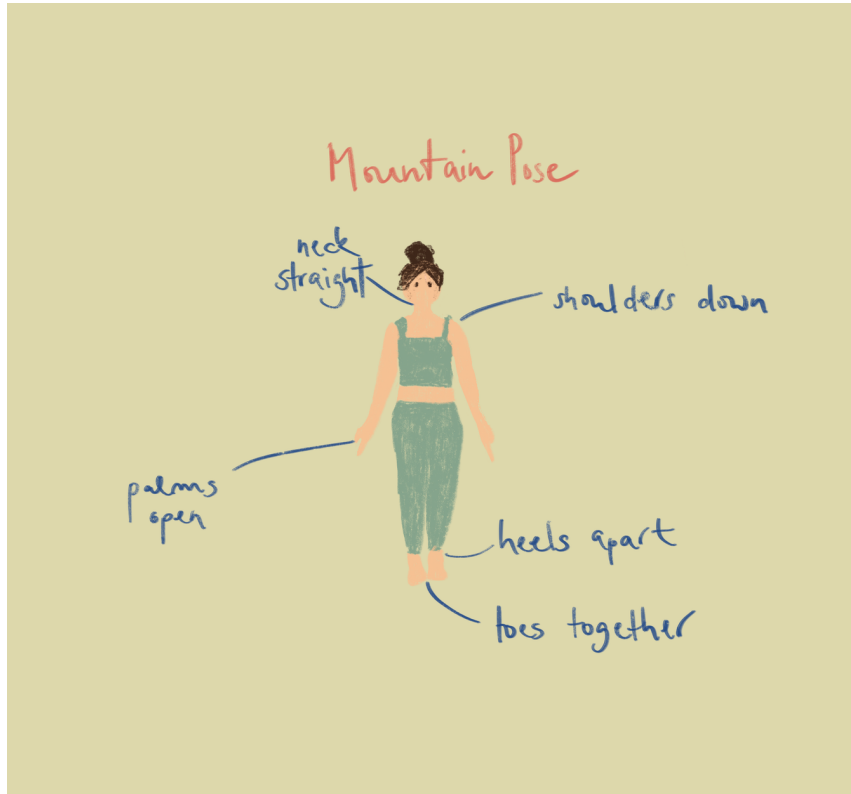


Vocabulary

Hier sind einige der wichtigsten Vokabeln enthalten.



This is how we do Mountain Pose



Mountain Pose - Tandasana

① Find the German sentences.

Finde die deutschen Sätze.

- | | |
|------------------|------------------------|
| shoulders down ● | ○ Fersen auseinander |
| heels apart ● | ○ Zehen zusammen |
| neck straight ● | ○ Schultern runter |
| palms open ● | ○ gerader Nacken |
| toes together ● | ○ Handflächen geöffnet |

② Fill the gaps.

Fülle die Lücken.

Put your _____ down.

Make sure your _____ is straight.

Your _____ are open.

Have your _____ apart.

Put your _____ together.



Parts of the body



Listening

Listen to the following recording.
Höre dir die folgende Aufnahme an.



③ Color the parts of the body like the following:

Male die Körperteile wie folgt an:

- forehead - white
- face - grey
- neck - purple
- shoulders - dark green
- chest - light green
- ribs - light grey
- arms - pink
- hands - brown
- palms - red
- belly - yellow
- hips - orange
- legs - light blue
- feet - dark purple
- heels and toes - dark blue

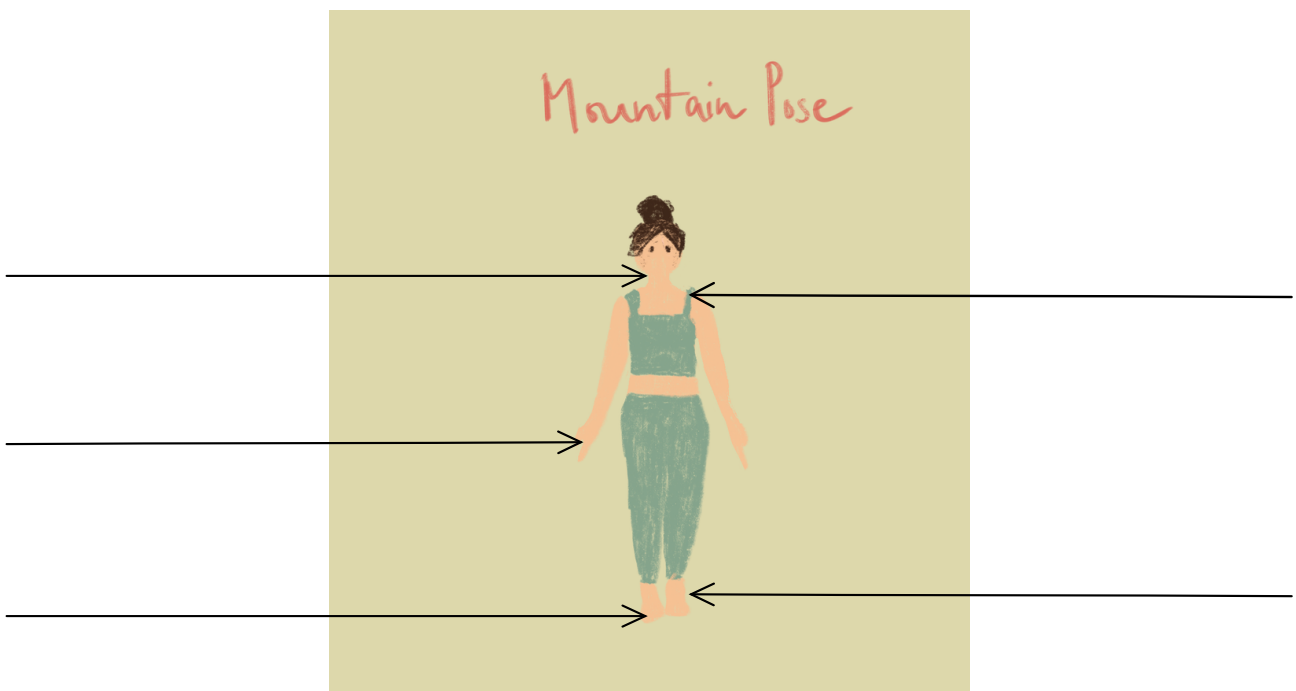


I stand in Mountain Pose.
I roll my shoulders down.
I hold my neck straight.
I open my palms.
I put my big toes together.
I have my heels apart.

① Find the German sentence.
Finde den deutschen Satz.

- | | |
|-------------------------------|--|
| I stand in Mountain pose. ● | ○ Ich rolle meine Schultern runter. |
| I roll my shoulders down. ● | ○ Ich stehe in der Berg Haltung. |
| I hold my neck straight. ● | ○ Ich öffne meine Hände. |
| I open my palms. ● | ○ Ich mache meine großen Zehen zusammen. |
| I put my big toes together. ● | ○ Ich habe meine Fersen auseinander. |
| I have my heels apart. ● | ○ Ich halte meinen Nacken gerade |

② Write the English sentences next to the according part of the body.
Schreibe die englischen Sätze neben das dazugehörige Körperteil.



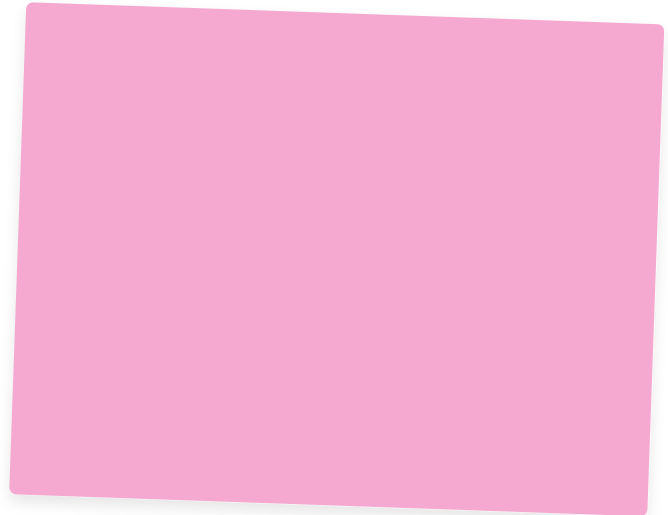
Phase 6 Mountain Pose

English 6

3

- ③ Write all the verbs of the sentences into the box.

Schreibe die Verben aus den Sätzen in die Box.



- ④ Rewrite the sentences using she.

Schreibe die Sätze in der sie-Form auf.

- ⑤ Put in the correct words.

Füge das richtige Wort ein.

big 1x has 1x He 1x his 4x holds 1x Pose 1x puts 1x rolls 1x

stands 1x straight 1x

He _____ in Mountain _____.

He _____ _____ shoulders down.

He _____ _____ neck _____.

_____ opens _____ palms.

He _____ his _____ toes together.

He _____ _____ heels apart.



Phase 7 Mountain Pose

English 7

4



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	<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

4

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.





Help

Present tense tutorial.





Phase 8 Mountain Pose

English 8

5

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?





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?

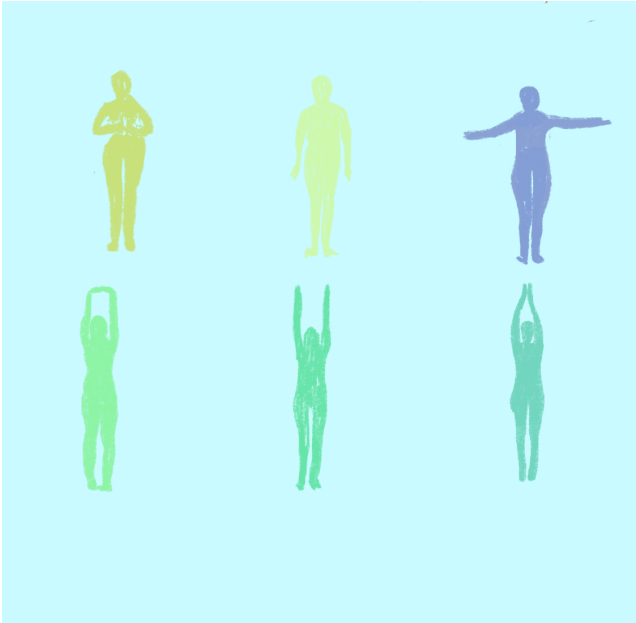
④ What could we learn from the mountain?



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

6



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?



- ① Read the following part of the article „ Why Tandasana is much more than standing“

Part 2: What is your body doing in Tandasana?



- ② Underline as follows:

- verbs - red
- adjectives - yellow
- adverbs - blue

This is what your body is doing in tandasana

The spine is in a neutral position. The arms are extended and fully stretched downwards. The hip is in neutral position, knees are slightly bent and your ankles are rotating outwards. Despite your feeling of „I am just standing and not doing much“, this pose does engage your muscles when done properly. Your core keeps your upper body extending towards the sky, while helping to pull your shoulders downwards. Your lower body grounds with the arches of your feet to support your entire body.

Phase 10 Mountain Pose

English 10

7

Music for yoga



- ③ Listen to the three music tapes.
Which one would fit to a Mountain Pose sequence? State why.





Mount Kailash

Rich in symbolism, *tadasana* comes from the Sanskrit words *tada* (mountain) and *asana* (posture, or seat). Mountain Pose is the essence of stability and foundation, and as such, contains the building blocks for every other posture in yoga. The posture itself promotes the stillness, strength, relaxed power, and stability we associate with mountains.

An author explains the inseparable relationship between mountains and rivers, both represented by the Indian god *Himavat*, who represents the Himalayas and is also considered the father of *Ganga Devi*, the goddess of the Ganges, India's most sacred river.

“When we stand in *tadasana*, the head, being nearest to heaven, is where we receive the blessings that flow through the rest of our body like a river,” she says.

The even stance of Mountain Pose—the lengthened spine and steady base—sets the tone for practice.

In India, there is a mountain called Mount Kailas with two lakes—one shaped like the sun and the other like a crescent moon, which represents *hatha* (*ha* = sun, *tha* = moon) yoga. Mount Kailas is considered the seventh *chakra*—*sahasrara*. The two lakes have been likened to the two streams of energy (*ida* and *pingala nadis*) that rise up one central channel (*sushumna nadi*) moving toward the highest level of consciousness. Mount Kailas is considered a sacred mountain.

When we stand in *tadasana*, we are equally grounded and arising. Our base is firm, yet we reach upward toward the heavens. Our spine is situated as it would be during meditation, ideal for the free flow of *prana* (life force) throughout the body. Take the time to connect to this energy in *tadasana*. Doing so can help you to maintain it throughout your practice.



Phase 12/13 Mountain Pose

English 12, 13

9



Watch

Is it true that yoga will awaken deeper energy, which is called kundalini?

J. Krishnamurti, 1979



① Outline the lecture of J. Krishnamurti.

② Yoga is said to origin in India many thousand years ago.

Research the origins of Yoga further and write your information down in form of a mind map.

③ Some yogis say that yoga started as a form of protest against the exploitation of animals and our earth.

Write down how we currently exploit our planet.

④ Yoga heals our body as well as our mind - could it also help us to save our planet?
What do you think?

Write a short argumentative essay.

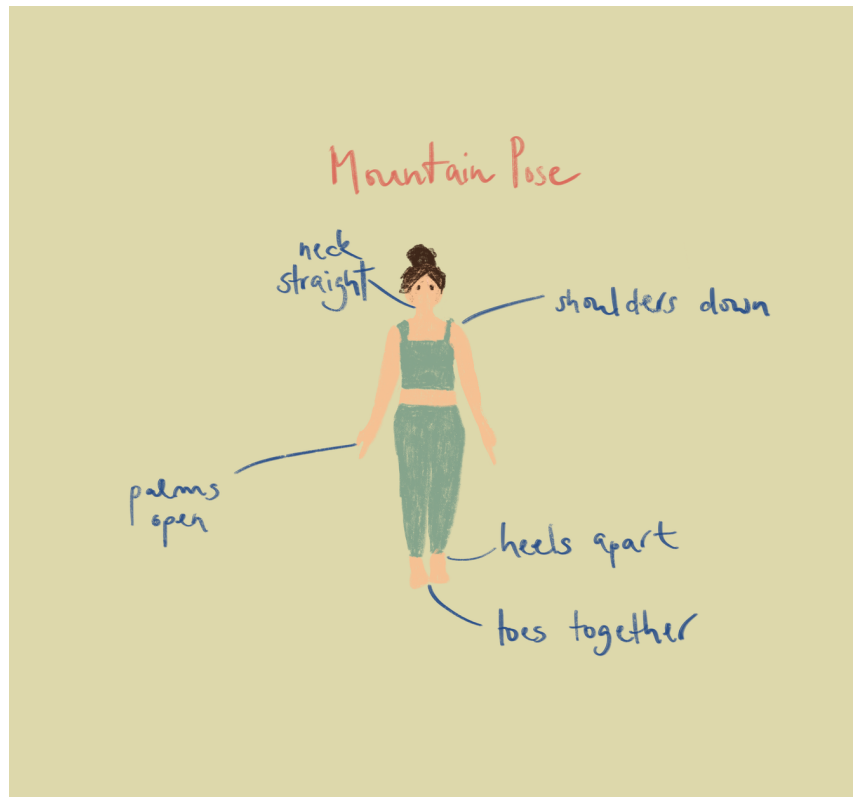


Lösungen

Mountain Pose



This is how we do Mountain Pose



Mountain Pose - Tandasana

- ① Find the German sentences.

Finde die deutschen Sätze.

- | | | | |
|----------------|---|---|----------------------|
| shoulders down | ● | ○ | Fersen auseinander |
| heels apart | ● | ○ | Zehen zusammen |
| neck straight | ● | ○ | Schultern runter |
| palms open | ● | ○ | gerader Nacken |
| toes together | ● | ○ | Handflächen geöffnet |

- ② Fill the gaps.

Fülle die Lücken.

Put your down.

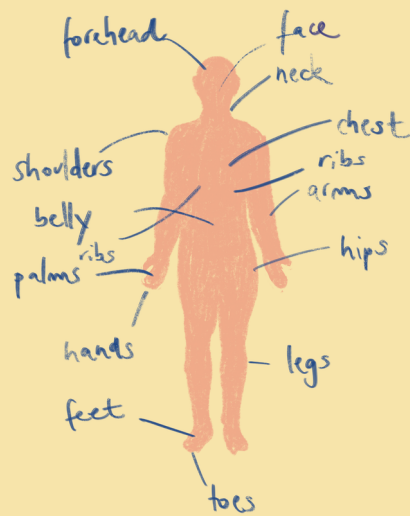
Make sure your is straight.

Your are open.

Have your apart.

Put your together.

Parts of the body



Listening

Listen to the following recording.
Höre dir die folgende Aufnahme an.



③ Color the parts of the body like the following:

Male die Körperteile wie folgt an:

- forehead - white
- face - grey
- neck - purple
- shoulders - dark green
- chest - light green
- ribs - light grey
- arms - pink
- hands - brown
- palms - red
- belly - yellow
- hips - orange
- legs - light blue
- feet - dark purple
- heels and toes - dark blue

Phase 6 Mountain Pose

English 6

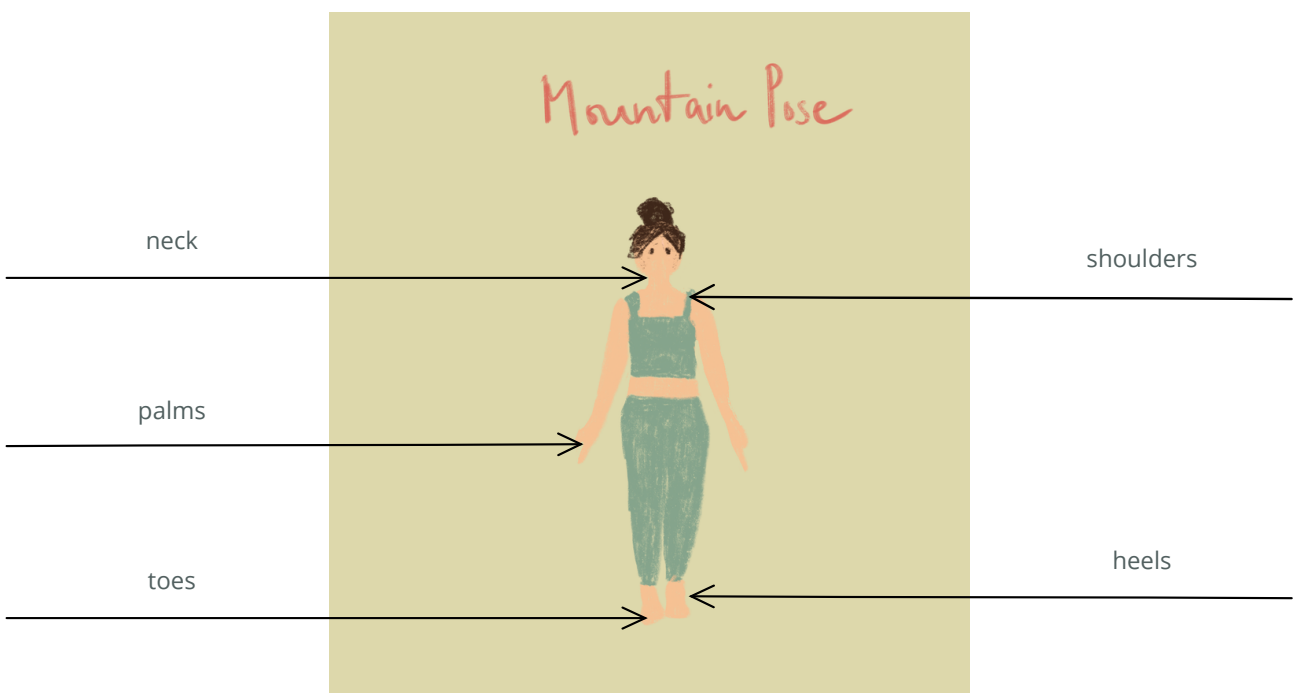
3L

I stand in Mountain Pose.
I roll my shoulders down.
I hold my neck straight.
I open my palms.
I put my big toes together.
I have my heels apart.

- ① Find the German sentence.
Finde den deutschen Satz.

I stand in Mountain pose.	●	○	Ich rolle meine Schultern runter.
I roll my shoulders down.	●	○	Ich stehe in der Berg Haltung.
I hold my neck straight.	●	○	Ich öffne meine Hände.
I open my palms.	●	○	Ich mache meine großen Zehen zusammen.
I put my big toes together.	●	○	Ich habe meine Fersen auseinander.
I have my heels apart.	●	○	Ich halte meinen Nacken gerade

- ② Write the English sentences next to the according part of the body.
Schreibe die englischen Sätze neben das dazugehörige Körperteil.



Phase 6 Mountain Pose

English 6

3L

- ③ Write all the verbs of the sentences into the box.

Schreibe die Verben aus den Sätzen in die Box.

Lösung 3

stand
roll
hold
open
put
have

- ④ Rewrite the sentences using she.

Schreibe die Sätze in der sie-Form auf.

Lösung 4

She stands in Mountain Pose.
She rolls her shoulders down.
She holds her neck straight.
She opens her palms.
She puts her big toes together.
She has her heels apart.

- ⑤ Put in the correct words.

Füge das richtige Wort ein.

big 1x has 1x He 1x his 4x holds 1x Pose 1x puts 1x rolls 1x

stands 1x straight 1x

He in Mountain .

He shoulders down.

He neck .

palms.

He toes together.

He heels apart.



Phase 7 Mountain Pose

English 7

4L



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!

Lösung 1

Hi Julie, I am [your name].

In order to do Mountain Pose, you stand.

Your neck is straight and your shoulders are down.

You have your palms open.

Both of your big toes are together. Your heels are a little bit apart.

- ② Which tense is correct?

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



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

Lösung 4

- Is your neck straight?
- Are your shoulders down?
- Are your palms open?
- Are your toes together?
- Are your heels apart?



Help

Present tense tutorial.



Phase 8 Mountain Pose

English 8

5L

Listening

Listen to one Mountain Pose sequence.



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

Lösung 1

Stand strong like a mountain in Mountain Pose. Inhale, bring our arms overhead and interlace your fingers. Stretch.

Exhale, slowly bring your arms next to your body. Bring your palms forward, stand in mountain pose.

Repeat this two more times.

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

Is it correct to stand on one foot?

No, you stand on both feet.

Were there any balances in the sequence?

No, there were no balances in the sequence.

Did you stretch your arms in the sequence?

Yes, I stretched my arms.

Will the sequence include inhaling and exhaling?

Yes, the sequence will include inhaling and exhaling.



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?

Lösung 3

This story describes the strength of a mountain. It tells us how mountains stand strong through anything that happens around them.

④ What could we learn from the mountain?

Lösung 4

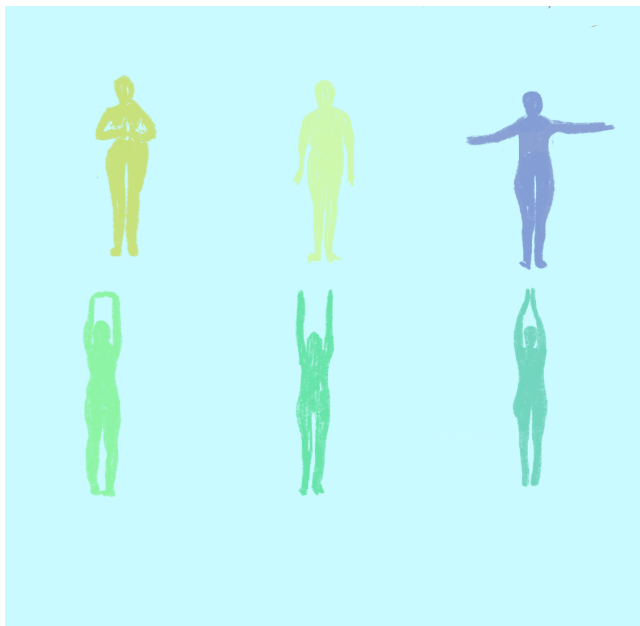
We could learn that we can stand strong and still through anything that happens to us. We could learn that no matter what happens, we can be strong like a mountain.

Phase 9 Mountain Pose

English 9

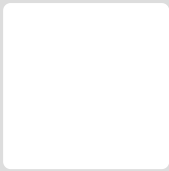
6L

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



Lösung 1

1. Stand straight. Hands together in front of your chest.
2. Stand straight. Let your arms hang next to your body.
3. Stand straight and have your arms wide to the sides.
4. Stand straight. Take your arms overhead and interlace the fingers.
5. Stand straight. Have your hands over your head. Your hands are stretched out, pointing upwards.
6. Stand straight. Have your hands together over your head.



Phase 9 Mountain Pose

English 9

6L



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?
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- ① Read the following part of the article „ Why Tandasana is much more than standing“

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- ② Underline as follows:

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This is what your body is doing in tandasana

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Phase 10 Mountain Pose

English 10

7L

Music for yoga



③ Listen to the three music tapes.
Which one would fit to a Mountain Pose sequence? State why.





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When we stand in *tadasana*, we are equally grounded and arising. Our base is firm, yet we reach upward toward the heavens. Our spine is situated as it would be during meditation, ideal for the free flow of *prana* (life force) throughout the body. Take the time to connect to this energy in *tadasana*. Doing so can help you to maintain it throughout your practice.

Phase 11 Mountain Pose

English 11

8L

- ① Imagining you are part of a discussion. The other person taking part thinks Mountain Pose and yoga itself is stupid and should not be called a sport. You try to convince him/her of the opposite. Use the information of the text or your own experiences. Try to write about 260 - 300 words.

Lösung 1

I respect your opinion of disliking yoga and yoga postures. However there are some really good benefits you get when practicing yoga. Take Mountain Pose for example.

In this pose you stand very straight and strong. Your spine is lengthened as your feet are firmly on the ground. Authors say, that life force, prana, can flow throughout the body in this pose. This can give you a lot of energy while it relaxes you a lot.

I practice yoga often and every time I get on my mat, I feel the power of it. The poses and the flow give me strength and focus. So yoga does have benefits for both, my muscles and my nervous system. I would recommend that you try it once!



Phase 12/13 Mountain Pose

English 12, 13

9L

Watch

Is it true that yoga will awaken deeper energy, which is called kundalini?

J. Krishnamurti, 1979



① Outline the lecture of J. Krishnamurti.

Lösung 1

J. Krishnamurti lectures about the difference between modern versus the original yoga. In a short overview he states what the original yoga is about. He underlines, that the modern „western“ yoga, the exercises themselves, cannot lead to deeper energy.

② Yoga is said to originate in India many thousand years ago.

Research the origins of Yoga further and write your information down in form of a mind map.

③ Some yogis say that yoga started as a form of protest against the exploitation of animals and our earth.

Write down how we currently exploit our planet.

④ Yoga heals our body as well as our mind - could it also help us to save our planet?
What do you think?

Write a short argumentative essay.

