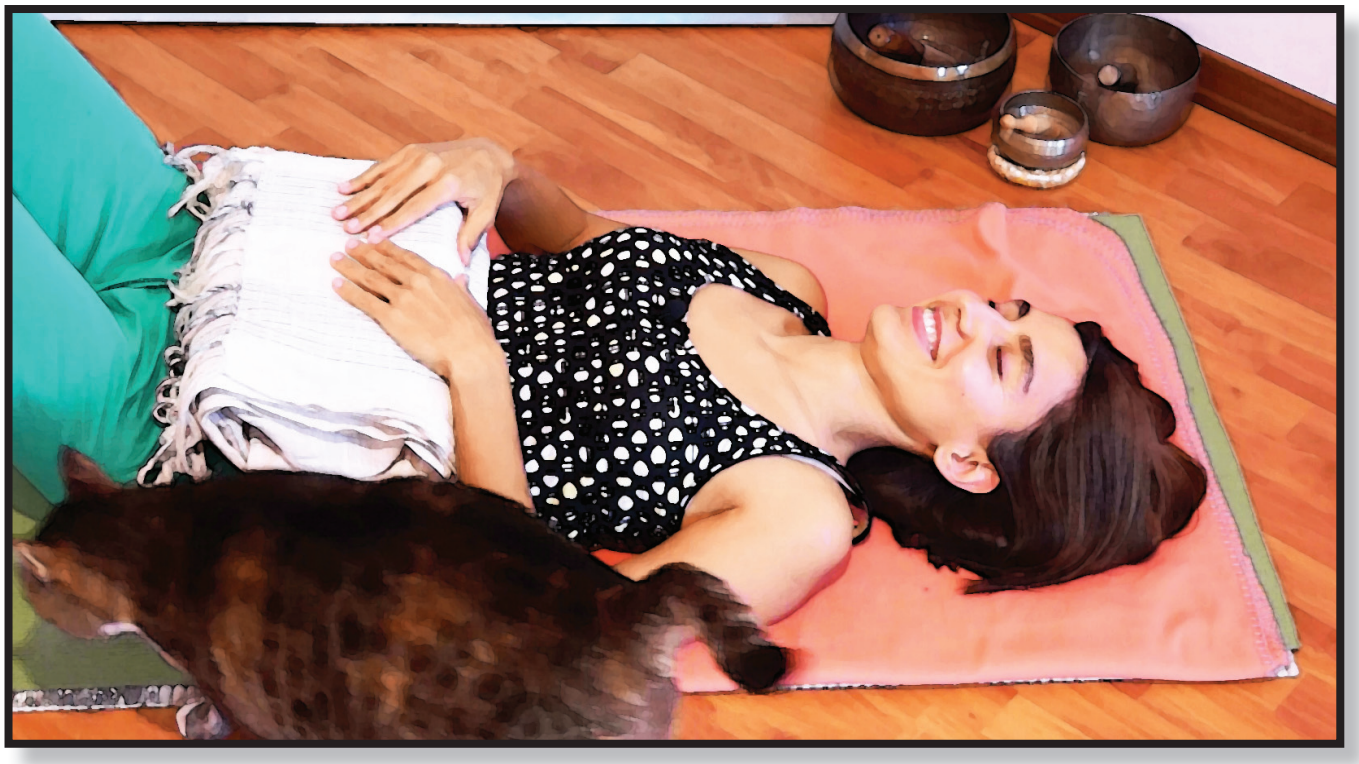
+ 1 Video
97 Mp3s
1 Spiel
71 IMPRO-
karten
English Tutorial

The Hosannas präsentieren

The der die das Bewegtes Yogadeutsch I

Vom Bauch über Katze zur Atmung



English Instructions for Training Schedule

Yogabewegungen, Yogawörter und deutsche Sätze mit den *Hosannas* hören und sprechen

Yogadeutsch Instructions

Vorbereitung/ Preparation

1. Print *Trainingsheft-Yogadeutsch.pdf* double sided (no adjustments) in black and white at the print shop. Staple the pages together. One staple at the top left, one staple in the middle, and one at the bottom (e.g. Novus 24/8). The Improvisation Cards are needed only after 20 days of training.
2. Download the Mp3 exercises and the video to your smartphone or Mp3 player. A "Tutorial Preparation" (EN)
   for the Training Schedule can be downloaded at www.Muttererdeheilzentrum.de as Mp3 files.
3. Get a timer with a ringer. When the allotted time for an exercise is over, the timer rings: for example, after 5 minutes.

Material	Print, get a Timer, download Instruction Tutorials and listen to them right away	30-120 Min.
	Unzip (day 1-10) files, download them to Mp3 player/smartphone	**60 Min.**
Day 1	2 exercises with Video	**10 Min.**
Tag 2	2 Übungen mit Video	**9 Min.**
Tag 3	4 Übungen mit Video	**21 Min.**
Tag 4	2 Übungen mit Mp3 Nr. 1-2	**19 Min.**
Tag 5	4 Übungen mit Video und Mp3 Nr. 2	**24 Min.**
Tag 6	3 Übungen mit Mp3 Nr. 3	**31 Min.**
Tag 7	2 Übungen mit Mp3 Nr. 3-4	**10 Min.**
Tag 8	3 Übungen mit Mp3 Nr. 1 und 5	**15 Min.**
Tag 9	3 Übungen mit Mp3 Nr. 6-7	**15 Min.**
Tag 10	3 Übungen mit Mp3 Nr. 8-9 Atemübung Ich-Form: Teil 1 selber machen	**25 Min.**
Material	Unzip files (day 11-20), download, listen to information on Mp3 player/smartphone	20 Min.
Tag 11	6 Übungen mit Mp3 Nr. 9-11	**42 Min.**
Tag 12	6 Übungen mit Video und Nr. Mp3 12-13	**26 Min.**
Tag 13	6 Übungen mit Video und Nr. Mp3 13-15	**26 Min.**
Tag 14	3 Übungen mit Video und Mp3 Nr. 9, 13, 16-17	**47 Min.**
Tag 15	4 Übungen mit Video und Mp3 Nr. 17-20	**31 Min.**
Tag 16	5 Übungen mit Mp3 Nr. 20-22	**32 Min.**
Tag 17	4 Übungen mit Mp3 Nr. 9, 13, 17, 20, 23	**35 Min.**
Tag 18	4 Übungen mit Mp3 Nr. 24-25	**38 Min.**
Tag 19	6 Übungen mit Mp3 Nr. 26-27	**40 Min.**
Tag 20	4 Übungen mit Mp3 Nr. 28	**25 Min.**
Material	Print IMPRO-Karten.pdf, cut out the cards for improvisation	15-45 Min.

Allgemeine Instruktionen/ General Instructions

I finish all the exercises in the Training Schedule according to the allotted time. When I speak German, time plays a role. The timer helps me to practice this. It is fine if I am not able to finish an exercise. I continue with the next exercise. More importantly, I stop in time so that I can systematically check all of my work for mistakes. I do the exercises in the foreseen order. Be patient and wait to watch the whole video on the day assigned.

Tipp: If I am tired and I have lost concentration, I take a break. I can drink something.

If I experience difficulty with an exercise, I just keep going. Do not be a perfectionist and get stuck on one exercise! To encourage intuitive learning, I do the exercises for the specific amount of time listed in the Training Schedule. The exercises that follow consist of similar text material. I will encounter all the new and unknown words again in subsequent exercises. When I complete the bulk of an exercise, I have already learned something. The more days of training that pass, the easier it becomes to use the vocabulary. Children learn intuitively, without reading or writing, but through repetition and imitation. I read the text in the workbook only if it is required.

Advanced students complete all the exercises. If I want to learn more, I repeat the exercise and pay attention to difficult details. Too many exercises at once make intuitive learning difficult. It is better to do 2-3 days of training per week according to the Training Schedule. Intuitive learning is most effective when you repeat and correct small bits of information on various days.

Tipp: Directly after I finish a day of training, I ask myself a question: What did I learn today? What am I able to do now? I practice the new information one more time using my voice or my body. When I practice without the help of any learning material, I activate long-term memory. One day later, a lot has already disappeared into a black hole. Also, I realize immediately what needs more practice. I review the Mp3s, even when I am not officially training or learning (e.g. while riding the subway).

When I reach the end of the Training Schedule after 8 hours and 20 days of training, it's time to play (p. 44)! How many points can I get? Afterward, I take a pause. My brain wants to relax and process everything I have learned. After two weeks at the earliest, I try the breathing exercise again while saying the steps aloud. I do this without reading the workbook or listening to it. Now I print the Improvisation Cards.

Enjoy the Breathing Exercise and the new vocabulary,
groetjes The Hosannas

Material	Print, get a timer, download and listen to extra information	30-120 Min.
	Unzip (day 1-10) files, download, listen to Infos on Mp3 player/smartphone	**60 Min.**
Tag 1	Watch part 1 of video, jot down words and start yoga Breathing Exercise	**10 Min.**
Tag 2	Watch video, practice pronunciation, read aloud, repeat the movements	**9 Min.**
Tag 3	Watch part 2 of video, jot down words, imitate the movements	**21 Min.**
Tag 4	Underline words, listen to Mp3 1-2, read aloud, begin the Breathing Exercise	**19 Min.**
Tag 5	Watch the whole video, listen to Mp3 2, read silently and aloud, do the breath exercise without the help of the learning material	**24 Min.**
Tag 6	Listen to Mp3 3, speak along, take notes, and memorize the Breathing Exercise	**31 Min.**
Tag 7	Fill in the blanks for Mp3 3-4, listen for the gender (masculine, feminine or neuter)	**10 Min.**
Tag 8	Listen to Mp3 1 & 5, speak along and take notes	**15 Min.**
Tag 9	Listen to Mp3 6-7, speak along, and take notes	**15 Min.**
Tag 10	Listen to Mp3 8-9, analyse, take notes, memorize; watch the video Breathing Exercise (00:01-1:00) and repeat in the "I" form	**25 Min.**
Material	Unzip (day 11-20) files, download, listen to information on Mp3 player/smartphone	20 Min.
Tag 11	Mp3 9-11: read text with the blank spaces, listen, speak aloud, read aloud in tempo, dictation, do the Breathing Exercise (00:01-1:00) in the "I" form	**42 Min.**
Tag 12	Mp3 12-13: read text with the blank spaces, listen, speak aloud, read aloud in tempo: do the movements from video	**26 Min.**
Tag 13	Mp3 13-15: dictation, memorize movements from video (00:24-01:47), say aloud in the "I" form	**41 Min.**
Tag 14	Mp3 9, 13, 16-17: listen, dictation, jot down points, memorize video (02:35-04:17)	**47 Min.**
Tag 15	Mp3 17-20: listen, dictation, jot down main points, memorize video (04:12-06:00)	**31 Min.**
Tag 16	Mp3 20-22: read text with the blank spaces, repeat aloud, speak along, dictation and practise reading aloud	**32 Min.**
Tag 17	Mp3 9, 13, 17, 20, 23: read text with the blank spaces, speak along and read along in tempo/Breath Exercise	**35 Min.**
Tag 18	Listen to Mp3 11, 24-25: Breath Exercise, dictation, count words, write words and sentences	**38 Min.**
Tag 19	Breathing Exercise, fill in the blanks, listen, talk along, read along	**40 Min.**
Tag 20	Breathing Exercise, fill in the blanks, listen, talk along, read along in tempo, listen to Mp3 29-30	**25 Min.**
Material	Print IMPRO-Karten.pdf, cut out the cards for improvisation	15-45 Min.