

The Game of Yoga

How to use this Game Board:

- Laminate game board page.
- Cut out and laminate pose cards. Place cards face down near board game.
- Keep another copy of the pose page handy for reference.
- Use coins or any place marker for each player.
- Use a coin to determine how many spaces you may move. Heads equals one square, tails equals two squares.
- For ink saver version, print game board on page 4.
- If you need more instruction for poses, refer to the pose card deck at:
www.teacherspayteachers.com/Store/Teach-Me-Yoga

Butterfly Pose



Cobra Pose



Downward
Facing Dog



Frog Pose



Tree
Pose



Turtle Pose



Bridge
Pose



Warrior
Pose





Child's
Pose



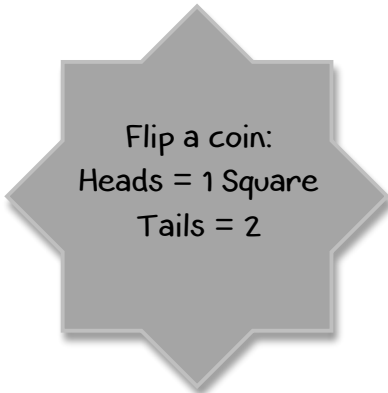
Practice Downward dog for 5 breaths	Move forward 2 spaces!	Look around the room; name 3 things you never noticed before	Close your eyes and take 3 deep breaths	Start
Give the person to your right a compliment				
Imagine picking a dandelion and then gently blowing away the seeds	Pick a card from the pose cards, practice the pose	Touch the thumb and pointer finger of your right hand and take a deep breath in and out. Repeat by moving thumb to each finger taking a breath on each.	Try Tree Pose with your eyes closed	Make up a pose of your own, teach the other players.
 	End			Move forward 2 spaces!
Think of 3 things you're grateful for	Breathe like a snake. Deep breath in, exhale ssssssss. Repeat 3 times	Pick a card from the pose cards, practice the pose	Lion's breath: Take a deep breath in, when you exhale, stick out your tongue!	

Practice Downward dog for 5 breaths	Move forward 2 spaces!	Look around the room; name 3 things you never noticed before	Close your eyes and take 3 deep breaths	Start
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Give the person to your right a compliment	 			
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Imagine picking a dandelion and then gently blowing away the seeds	Pick a card from the pose cards, practice the pose	Touch the thumb and pointer finger of your right hand and take a deep breath in and out. Repeat by moving thumb to each finger taking a breath on each.	Try Tree Pose with your eyes closed	Make up a pose of your own, teach the other players.
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End				Move forward 2 spaces!
				Pick your favorite animal: butterfly, turtle, frog, or cobra. Try that pose!
Think of 3 things you're grateful for	Breathe like a snake. Deep breath in, exhale ssssssss. Repeat 3 times.	Pick a card from the pose cards, practice the pose	Lion's breath: Take a deep breath in, when you exhale, stick out your tongue!	