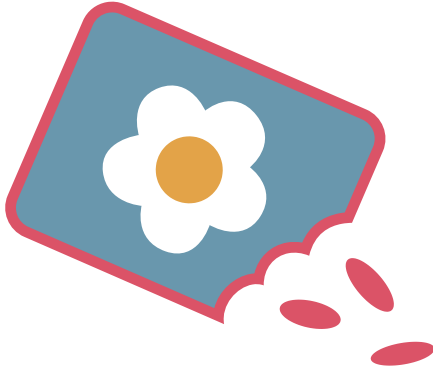


How to Grow A Flower – Yoga Style!

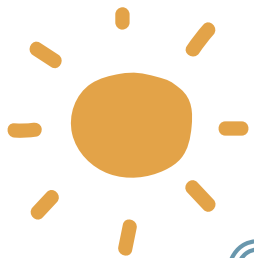
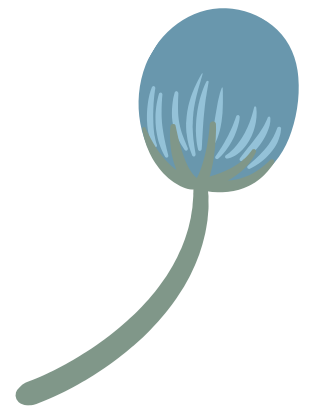


Plant the seed

Childs Pose

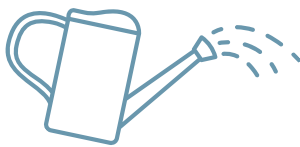
Grow into a bud

Hero Pose



Water & Sunshine

Mountain Pose



A flower blooms

Flower pose



ZENWORKS YOGA

Yoga & Mindfulness Bingo

Daily Stretch

**Focus on
yourself for 5
minutes**

**Mindful
listening**

**Say words of
gratitude**

**Mindful
eating
moment**

**Practice a
yoga pose**

**Get a good
night's rest**

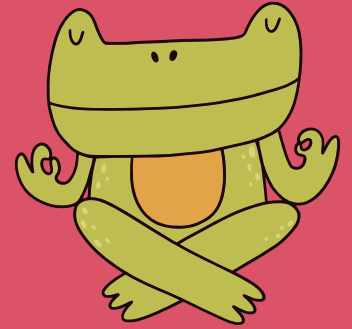
**Pause.
Breathe.
Reset.**

**Focus on
your
breathing**

Yoga

B-I-N-G-O

Animal Style!



Start Here



Take 3
deep
breaths



Finish

Go ahead
2 spaces



Go back
3 spaces

Say a
positive
affirmation
out loud



Make up
your own
pose



Take 5
deep
breaths



How to play

- Print the game board on the desired paper.
- Roll dice to determine who will go first, the highest number goes first.
- Player 1, rolls dice, moves their player piece to spot, and fulfills prompt. If you land on a graphic, mimic the yoga pose!
- Next player rolls and so on.
- The first player to the Finish wins!

What you need:

- Small characters/toys for game pieces
- A dice