

YOGA MOVEMENT

Yoga movement is all about incorporating different elements to create a playful movement experience!

We encourage you to use different Yoga poses, games, stories, music, guided imagery, relaxation techniques and any other tricks you may have up your sleeve to get your child moving!

Yoga Garden

*original game is Night at the Museum



Object of the game:

Don't get caught by the instructor, and if you have more than one child playing aim to be the last player unseen!

How you get out:

If the Yoga Instructor sees you move your out! Try to stay still and balanced in your poses!

Yoga Instructor:

This player was called to the Yoga Garden because someone said all the Yoga Statues were moving around! Walk around the players trying to catch them moving!

Yoga Statues:

Stay still! But when you see the Yoga Instructor not looking, change your Yoga Pose! (Don't know a pose? Make one up or have an older child or adult share some poses before the game starts)

Modifications

- Use Yoga cards to determine the poses they can use
- Add props to balance on or play with
- Add Music

