

YOGA

BINGO

Take 3
slow & full
BREATHS

*How many letters
can you shape
your body into?*

**FLY LIKE A
BIRD +
BE A TREE
FOR THE
BIRD TO
REST IN.**

HOW MANY
"WARRIOR" POSES
IS THERE?
GOOGLE IF
UNSURE. ACT
THEM OUT.

Draw or paint your
favorite yoga pose.
Why that one,
how does it make you
feel?

**RELAX!
SIT QUIETLY IN THE
NATURE AND JUST
OBSERVE.**

move THROUGH
3
sun SALUTATIONS

**Visit
[youngyogis.com.
au](http://youngyogis.com.au), get the free
yoga class & do it
with the family**

Do as many
yoga poses with
ANIMAL "names"
as you can

Find out what
the sanskrit
word 'DRISTI'
means

*Find a partner. Give
them a massage and
then swap over! Say
thanks & hug.*

Sound out 3
OM's
Hands together at
your heart.