



YOGA CARDS FOR KIDS

MOVE • PLAY • DISCOVER



INSTRUCTIONS

Yoga is more than just exercise.

It helps children develop balance, coordination, concentration, confidence and mindfulness.

Thanks to the cards, children learn through movement, without competition and without pressure.

Enjoy time together full of movement, laughter and good vibes!



1–6 players



Ages 4 to 100



5–15 minutes



For joy in movement every day



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WELCOME TO THE WORLD OF KIDS' YOGA!



Yoga is a fun and natural way for children to move, explore their bodies and calm their minds.

It helps children develop balance, coordination, concentration, mindfulness and self-awareness.

It's not about competition or being the best. It's about enjoying movement, play and the time we spend together.

Enjoy your time full of movement, laughter and good vibes!



> YOGA HELPS CHILDREN: <



DEVELOP BALANCE

Helps children be more aware of their bodies and improve stability.



CALM THE MIND

Helps reduce tension and supports focus and concentration.



BUILD SELF-CONFIDENCE

Children experience success, joy and learn to believe in themselves.



IMPROVE FLEXIBILITY & STRENGTH

Supports healthy physical development and good posture.



ENJOY TIME TOGETHER

Yoga is a great activity for the whole family and friends.



TIPS FOR PARENTS



Praise the effort, not the result.



Let children try at their own pace.



Every child is unique. Every step matters.



Practice in comfortable clothes in a calm and safe space.



Offer a kind and positive environment for your child.



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WHAT'S IN THE BOX?

Everything you need to move, play and have lots of fun!

TREE



Stand tall.

Place the sole of one foot on your inner thigh. Keep your balance. Bring your hands together above your head. Hold for a few seconds.

CAT



Come down on all fours. Place your hands under your shoulders and your knees under your hips. Inhale, arch your back up. Exhale, round your back and tuck your chin in.

20 YOGA CARDS

Each card shows one yoga pose. You will find the name of the pose, an illustration and a simple description to help you do it right.



20 STICKERS FOR THE DICE

Stickers with yoga poses – stick them on the dice and create your own custom game dice.

2 WOODEN DICE

Light and comfortable for kids' hands. Use the stickers to stick on the dice with the poses you choose.



COLORFUL ILLUSTRATED CARDS (DOUBLE-SIDED)

Beautiful, text-free illustrations. Use them for games, memory training or creating your own stories.



INSTRUCTIONS

A booklet with a total of 8 fun games with different levels of difficulty.

3



The cards are made of high-quality, durable and child-safe materials. Safe, non-toxic and tested for children.



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GAME 1

DICE ROLL



1-6 players



5-15 minutes



Ages 3+



Easy

Stick the pose stickers on both dice
(each die has 6 poses).

Roll both dice. Choose one of the poses
and hold it for 10 seconds.

If you can do both poses,
you get 2 points. The player with
the most points wins!



STICKERS FOR THE DICE

Stick the pose stickers on both dice
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GAME 2 FIND THE POSE



2-6 players



10-15 min



4+ years



Easy

GAME SETUP

- Place all yoga cards face down on the table.
- Shuffle the double-sided color cards (with poses) and place them on the table.

- 1 Take one color card with a picture.



- 2 Choose one yoga card from the face-down pile.



HOW TO PLAY

- 3 If the pose on your yoga card is the same as the pose on your color card, swap the cards and do the pose. Otherwise, place the yoga card face down and continue playing.



- 4 If the pose doesn't match, put the yoga card back face down.



- 5 Return the color card to the pile of remaining color cards.



END OF GAME

The game ends when all yoga cards have been collected. The player with the most yoga cards wins!



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10-15 min



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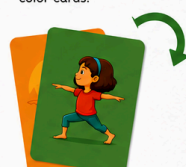
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- 5 Return the color card to the pile of remaining color cards.



END OF GAME

The game ends when all yoga cards have been collected. The player with the most yoga cards wins!



GAME 3 YOGA-BINGO



2-6 players



10-20 min.



4+ years



Easy

- 1 The game begins with each player choosing 3-5 cards according to the number of players.



- 2 Then take the dice. The player rolls the dice.



- 3 If one or both of the positions on the dice match one of your cards, perform the pose correctly and place the card on the discard pile.



=



=



→



- 4 The first player to get rid of all their cards, shouts "BINGO!" and wins!



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GAME 4 I CAN DO IT!



2+ players



5-10 min.



4+ years



Medium difficulty

- 1 One player takes a yoga card of their choice and shows the position on it.



- 2 The other players guess which position it is. Whoever guesses the position correctly first, gets the card.



- 3 The next player takes a yoga card and the game continues from point 1 to 2 again, until all the yoga cards have been collected.



End of the game

The game ends when all the yoga cards have been collected.
The player who has collected the most yoga cards wins!



GAME 4 I CAN DO IT!



2+ players



5-10 min.



4+ years



Medium difficulty

- 1 One player takes a yoga card of their choice and shows the position on it.



- 2 The other players guess which position it is. Whoever guesses the position correctly first, gets the card.



- 3 The next player takes a yoga card and the game continues from point 1 to 2 again, until all the yoga cards have been collected.



End of the game

The game ends when all the yoga cards have been collected.
The player who has collected the most yoga cards wins!



GAME 5

WHO CAN HOLD IT THE LONGEST?



2+ players



5-10 min.



4+ years



Medium difficulty

- 1 Draw one card.



- 2 All players start the pose.



- 3 Time starts! Whoever holds the pose correctly the longest, wins the round.



End of the game

The game ends when all players have tried the poses from several cards or according to the pre-agreed number of rounds. The player who wins the most rounds is the winner!



GAME 5

WHO CAN HOLD IT THE LONGEST?



2+ players



5-10 min.



4+ years



Medium difficulty

- 1 Draw one card.



- 2 All players start the pose.



- 3 Time starts! Whoever holds the pose correctly the longest, wins the round.



End of the game

The game ends when all players have tried the poses from several cards or according to the pre-agreed number of rounds. The player who wins the most rounds is the winner!



GAME 6 YOGA PATH



2–6 players



10–20 min



4+ years



Medium difficulty

1 PREPARE THE PATH

Each player chooses
5–10 **yoga cards**.
Turn the cards face up
and lay them on the floor
in a row to create a yoga path.



2 WALK THE PATH

The first player takes
the starting position.
After the start signal,
move through all the cards
in order and perform
each position correctly.



3 CHECK

The other players watch
to see if all the positions
are performed correctly.
If any position is done
incorrectly, it must be
corrected before
moving on.



END OF THE GAME

The player who completes the entire yoga path
the fastest and with all positions performed correctly wins.



GAME 6 YOGA PATH



2–6 players



10–20 min



4+ years



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GAME 7 YOGA IN PAIRS



2+ players



10–15 min



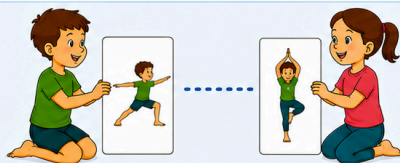
4+ years



challenging

1 FORM PAIRS

Form pairs of players.
Each player chooses one yoga card with a yoga pose.



2 PERFORM THE POSES

Each player performs their chosen pose so that they are facing each other and making contact (hand to hand or foot to foot). Start the timer and hold the pose!



3 NEXT PAIR

The next pair chooses cards with their own poses and plays next – perform your poses and make contact.



END OF THE GAME

The pair that holds the shared yoga pose the longest wins!



GAME 7 YOGA IN PAIRS



2+ players



10–15 min



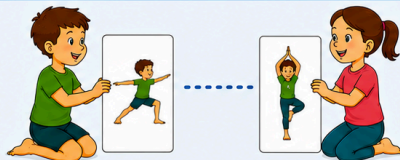
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GAME 8

YOUR OWN WORKOUT



1+ players



15–30 min



4+ years

moderate
challenge

Create your own workout set.

Add breathing and relaxation exercises.

Finish with a moment of relaxation together.

1 CHOOSE CARDS

Choose 5 of your favorite yoga pose cards.

You can also add cards with breathing exercises.



2 CREATE YOUR SET

Arrange the cards in the order you want to perform them.

Create your own workout set.



3 BREATHE AND MOVE

Go through your set step by step.

Do a breathing exercise in and out for each pose.

During breathing exercises, stay in the moment and focus on your breath.



4 RELAX TOGETHER

Finally, lie down on your mat or sit comfortably and relax. Close your eyes, breathe deeply in and out, and feel how your body and mind come to rest.

**END OF THE GAME**

The winner is every player who completes this workout and helps themselves feel better and more relaxed.



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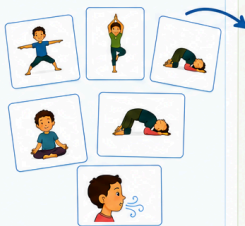
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YOUR YOGA WORLD HAS NO LIMITS! ♥

You can play the games and do the exercises in many different ways, or create your own games and workouts using your imagination. Every day can be different and full of fun!



THIS GAME IS GREAT FOR:



Quality time together with family and friends



Developing flexibility, strength and balance



Calming the mind and reducing stress



Improving concentration and self-awareness



Better sleep and overall well-being

TIPS FOR PLAYING TOGETHER

- ♥ Adapt the games to your child's age and abilities.
- ♥ Encourage them, be patient and celebrate every bit of progress.
- ♥ Breathe deeply and enjoy each moment.
- ♥ It's not about being the best, it's about feeling good.



Don't forget – yoga is all about joy, kindness and good vibes! ♥

≡ EVERYONE IS A WINNER! ≡

Whoever enjoys moving, takes a deep breath and feels better – in the body and in the mind.



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♥ ENJOY YOUR YOGA WORLD FULL OF FUN, MOVEMENT AND MINDFUL MOMENTS! ♥

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