

The Yoga Garden Game™

RULE BOOK

Contents

Yoga Garden Game board
1 bee-shaped marker
8 pie-shaped night pieces
8 circular flower pieces
24 Yoga Garden pose cards
1 die
1 rule book

Object of the Game

Plant a flower garden before night falls.

Preparation

The Yoga Garden Game consists of three circles. The outermost circle of colored spaces and four large flowers is the path on which players move the bumblebee to further the action of the game. Inside this game path is the garden, where players plant the flower pieces they collect during the game. At the center of the board is the earth, where the pie-shaped night pieces are placed. Before the game begins, place the night pieces on the nighttime tree, the flower pieces on the apple tree, and the Yoga Garden pose cards on the sun (discards will go on the moon).

About Yoga Poses

Your body should never be forced into a position that is painful or does not feel right, but you should strive to hold each pose for a certain amount of time. Before playing, decide together how long to hold the poses. Younger children might try 5 seconds or 3 breaths; 10 seconds or 5 breaths might be more challenging and fun for more experienced kids.

How to Play

The youngest player goes first. Place the bee-shaped marker on any circle on the outer path. Play moves clockwise. On your turn, roll the die and move the bee the indicated number of spaces. Depending on where the bee lands, there are six possible actions.

If the bee lands on a space with a(n)...

- o **Flower:** Pick up a flower piece and plant it on top of any open stem in the garden.
- o **Star:** Pick up a night piece from the nighttime tree and place it over one of the earth spaces.
- o **Yellow sun:** Take a Yoga Pose card and perform the pose. Hold the pose for the agreed upon time while the other players count out loud. Any or all of the players can join you. Don't forget to breathe!
- o **? (Question Mark):** You get to invent a yoga pose! See if the other players can guess its name, then invite them to try it out. Can't think of anything? Try imitating an animal. Use your imagination!
- o **Apple:** This is one of the two pitfall spaces. Roll the die. You must stand in Tree pose (*see next page*) on each leg for the number of seconds indicated by your die roll. If you are successful, add a flower piece to the garden. If you are unsuccessful, a flower piece is removed. If there are no flower pieces to remove, play passes to next player.
- o **Mushroom:** This is the other pitfall space. You must hold tree pose (as above) on each leg. If you are successful, you get to remove a night piece! If you are not, add a night piece. If there are no night pieces to remove, play passes to the next player.

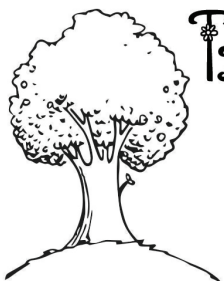
Game End

The game ends when either the garden is fully planted (all the flower pieces have been played), or night has fallen (all the night pieces have been played). *If you plant all the flowers before nighfall, EVERYONE WINS!*

Special Poses

Some of the cards reference **Mountain pose** as a starting point. Instructions for this pose and the **Tree pose** are located on the next page so that you may view them at any time during the game.

If you have any questions about the poses pictured on the pose cards, visit www.yogakids.com/yogagardengame for photos and videos.



Tree



1. Stand tall with feet hip width apart.
2. Keep right leg straight, placing left foot on inside of right leg. Lift foot as high as you can.
3. Bring your palms together at your heart or lift your branches high!
4. Hold the pose for the agreed upon time.
5. Take a breath and repeat with your other leg.



Mountain



1. Stand tall with feet hip width apart.
2. Your arms hang down to your sides, fingers stretching toward the floor.
3. Keep your spine and neck straight.
4. You are tall and strong, like a mountain.

The Yoga Garden Game was created for YogaKids by Jennifer Durand. Jennifer loves teaching yoga to children and created the Yoga Garden Game to help in her classes. Jennifer lives with her husband, Steven, her son, Izzy, and her dog, Theo.



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