How high can you lift your legs? Can you stand on your shoulders or hold a steady stance like a warrior? Practice yoga poses in this fun and simple card game!

**In a Nutshell**

1. **Distribute a red Mission Card to each player.**
2. **Shuffle the green Yoga Pose Cards and deal 7 to each player.** Place the remaining cards face down to form a Draw Pile.
3. **Take the top card from the Draw Pile, and place it face up to form the Discard Pile.**
4. **If a player successfully holds a given pose for 10 seconds, he or she gets to put the card in a Collection Pile.** If a player is unable to perform the pose for 10 seconds, the card must remain in his or her hand and cannot be added to the Collection Pile.
5. **The game continues with the next player on the left, and players continue to choose to play a card from their own hand, play the top card from the Discard Pile, or discard a card.**

**Your Goal**

Be the first player to meet both goals listed on your Mission Card.

**Steps to Play**

1. Move around and stretch. Recommended warm-up exercises can be found at [www.ThinkFun.com/YogaGames](http://www.ThinkFun.com/YogaGames).
2. The youngest player begins play and chooses one of three moves:
   - **PLAY YOUR OWN CARD**: Place 1 of your 7 cards face-up in front of you, and perform the illustrated pose for 10 seconds.
   - **PLAY THE TOP CARD IN THE DISCARD PILE**: Take the top card from the Discard Pile, place it face-up in front of you, and perform the illustrated pose for 10 seconds. Discard one of your cards by placing it face-up on top of the Discard Pile.
   - **DISCARD A CARD**: Place one of your 7 cards face-up at the top of the Discard Pile and take a new card from the Draw Pile.

**Setup**

1. Distribute a red Mission Card to each player.
2. Shuffle the green Yoga Pose Cards and deal 7 to each player. Place the remaining cards face down to form a Draw Pile.
3. Take the top card from the Draw Pile, and place it face up to form the Discard Pile.

**NOTES**

- Each Yoga Pose Card can only be applied to one goal per game. Even if a Yoga Pose Card satisfies both goals on your Mission Card, it cannot count toward both goals.
Instructions

• If the Draw Pile becomes empty, the Discard Pile should be shuffled and used to form a new Draw Pile.
• If you are not sure whether a particular card corresponds to the goals listed on your Mission Card, check the blue Help Card which lists which Yoga Poses meet which Missions.

Alternate Play
For a quick version of the game, play until someone completes one of the two goals listed on their Mission Card.

Notes

About the Inventors
This game was invented by Upside Down Games. Their story is one based in yoga destiny. It all began when two Argentinians – Matt, a yoga-loving lawyer specializing in non-profit work, and Juan, a yoga instructor – met in a yoga class. They shared not only their passion for yoga, but also their desire to spread the joys and benefits of yoga to children, creating a new generation of ‘yogis.’ After much brainstorming and testing, their vision became a reality, with a full line of award-winning Upside Down Games!