

YogaCards

the GAME

How high can you lift your legs? Can you stand on your shoulders or hold a steady stance like a warrior? Practice 48 yoga poses in this fun and simple card game!



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Includes



x48
Yoga Pose Cards



x6
Mission Cards



x1
Help Card

Your Goal

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

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.

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Steps to Play

1. Move around and stretch. Recommended warm-up exercises can be found at 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.

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3. 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.

NOTE: At the end of each turn, the cards in a player's hand and his/her Collection Pile should total seven.

4. 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.
5. If you are the first player with seven cards in your Collection Pile – **YOU WIN!**

NOTE: 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.

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Notes

- 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.

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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!

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Instructions



AGES
6 and up
2-4 players