

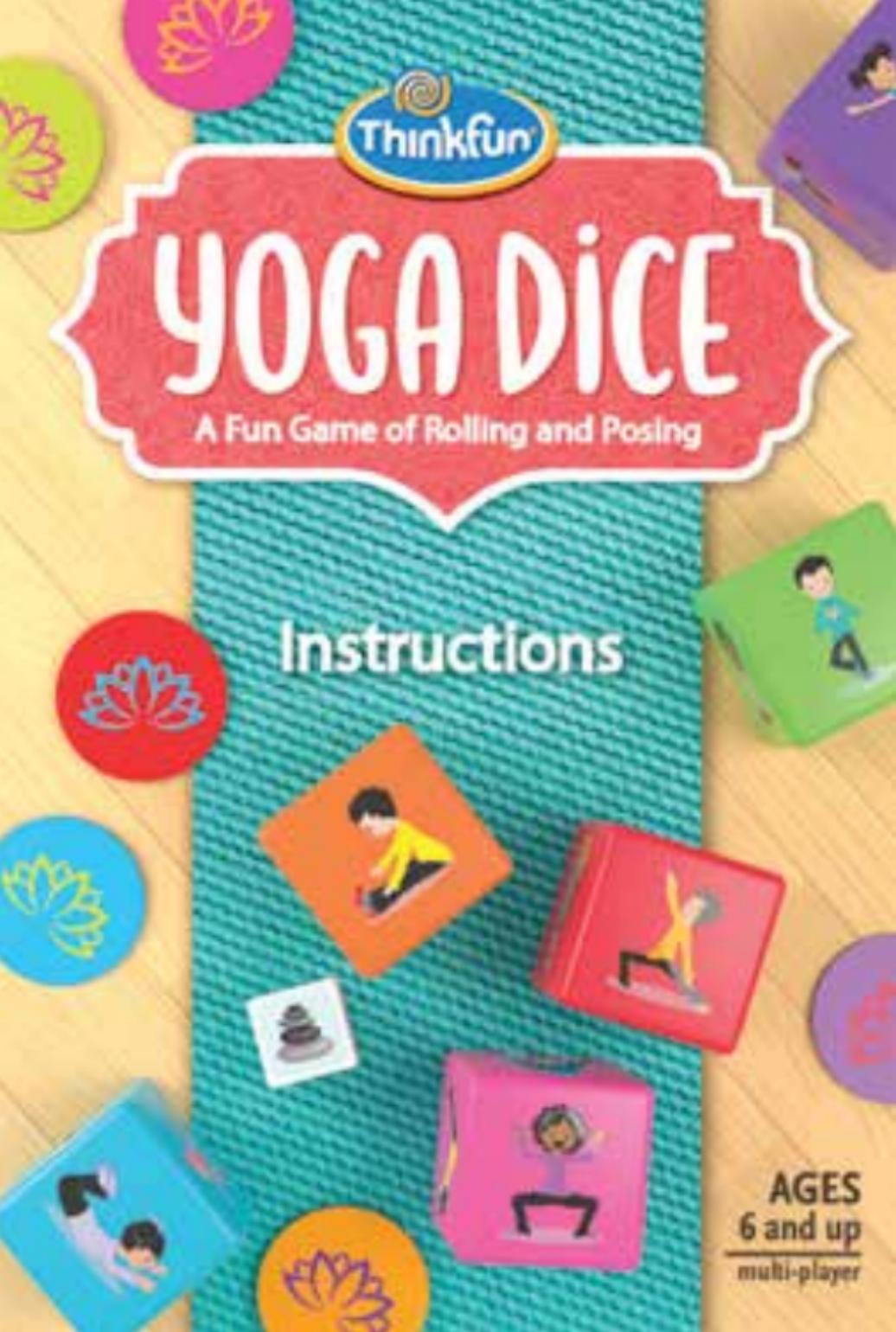


Thinkfun

YOGA DICE

A Fun Game of Rolling and Posing

Instructions



AGES
6 and up
multi-player



Includes:

- 6 six-sided Yoga Pose Dice
- 6 Pose Tokens
- 1 six-sided Breath Die
- 1 Focus Token
- Yoga Mat Game Track (2-3 Players; Short Track, 4-7 Players; Long Track)
- Game-Go Bag

About Yoga Dice:

Yoga Dice is a fun, collaborative game that helps children learn the practice of yoga using simple breath counts and 36 beginner poses.

Goal:

Compete together to WIN by holding yoga poses! As a group, move 6 Pose Tokens past the FINISH line before the Focus Token crosses the line.

Set-up:

Note: The first time you play, punch out the Game Tokens.

1. Set out the Yoga Mat Game Track within reach of all players. For 2-3 players use the Short Path. Use the Long Path for 4-7 players.
2. All players sit in a circle around the Yoga Mat Game Track. Be sure there is plenty of space for all players to hold a yoga pose.
3. Place all Game Tokens at the START of the Game Track.

Warm-up:

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

www.ThinkFun.com/YogaGames

Breath Counts:

To complete one breath count, inhale slowly through the nose, then exhale slowly through the opened mouth making the sound “HAA” with each exhale. Each “HAA” sound is 1 breath count.

Note: Players become the Yoga Instructor on their turn by calling out breath counts for the group.

To Play:

1. The youngest player begins play as the first Yoga Instructor by rolling the 6-sided Breath Count Die.



“Focus” Roll:

If the “Focus” symbol appears during game play, the Focus Token will advance 1 space on the Yoga Mat Game Track and the player’s turn is over.

Breath Count Roll:

If a number is rolled, this will be the number of breath counts the yoga pose will be held.



2. The Yoga Instructor rolls all 6 Yoga Pose Dice together. The group of players will select the pose from the Yoga Pose Dice that matches the color of the Pose Token they wish to move forward. All players must perform the pose together as the Yoga Instructor counts to the number indicated on the Breath Count Die. Once complete, the Yoga Instructor moves the Pose Token forward on the Yoga Mat Game Track, the same number of spaces as the breath counts number rolled.



Optional: The Yoga Instructor may choose to read the yoga pose description on their turn.

3. Play continues with the next player to the left. If all of the Pose Tokens cross into the FINISH space before the Focus Token - **EVERYONE WINS!**
4. If the Focus Token crosses into the FINISH space before ALL of the Pose Tokens have crossed the line, the game ends—try again!



Yoga Poses:

Ocean Breath

Lie on your back. Close your eyes. Imagine lying on a sunny, sandy beach. As you breathe in, feel the warmth of the sun fill your body. As you breathe out, feel your body sink deeper into the sand.



Dolphin

Start on your hands and knees. Drop your elbows down to the floor. Tuck your toes under and lift your knees off the floor, slowly working your legs straight. Look back towards your feet.



Asteroid

Lie on your belly. Bend your knees and reach behind you to grab your ankles. Keep your eyes looking down or at a spot just in front of you. As you breathe in, lift your chest and thighs off the ground, continuing to hold your ankles. Keep breathing as you rock back and forth like an asteroid rattling through space.



Planet

Stand on your knees (tall kneeling) and raise your arms out to your sides. Bend your elbows to 90 degrees with your palms facing forward. Breathe in and turn just your upper body to the left. As you breathe out, turn your upper body to the right.



Telescope

Stand tall with your feet wide. Turn your head and look to your right. Turn your right foot so your toes are looking the same way. Take a deep breath in through your nose. As you breathe out, bend your right knee until it is over your right ankle. Hold your legs in this position as you lift your arms to shoulder height. As you breathe in, raise your right arm up to the stars like a long telescope. Turn your palm up. Let your left arm lower to your back leg. Hold. Breathe. Gaze at the stars.



Star Gazer

Sit on the ground and bring the bottoms of your feet together. Place your hands on the ground behind you, leaning back. Look up to the stars. Roll your shoulders back and push your chest up to the sky. Stay here and breathe in and out through your nose. Smile.



Boat

Start in a seated position. Keep your back straight as you lean back slightly and lift your legs off the floor. Reach your arms out in front of you, alongside your legs, with the palms of your hands facing each other.



Shark

Lie on your belly with your legs straight behind you. Interlace your fingers behind your back. Gently lift your chest, and lift your arms off your back. Slowly rock left and right, swimming through the ocean.



Surfer

Stand with your feet wide and arms straight out from your sides. Turn your right foot toward the right wall and bend your right knee towards 90 degrees. Keep your left leg straight, strong, and long. Keep your chest open, arms long, and shoulders relaxed. Look over your front fingers and SMILE.



Seagull

Stand tall and reach your arms straight out to the sides. Shift your weight onto your right foot. Lean forward slightly, lift your left leg back behind you, and hold. Breathe. Balance.



Whale

Lie on your belly. Bend your knees so that your feet reach up to the sky. Press your forearms and hands firmly into the ground, lifting your chest off the ground.



Sunshine

Stand tall and spread your feet wide. Stretch your arms up and out, making an X with your body. Reach your fingertips as far as you can. Push your chest out, letting your heart shine.



Toboggan

Sit up tall with your legs straight out in front of you. Reach your hands out towards your feet as far as you can, keeping your back straight. Pretend to steer by leaning left and right.



Snowball

Squat down with your feet and legs together and give your knees a big hug. Breathe in as you roll onto your back and breathe out as you roll forward.



Acorn

Start in a kneeling position with your knees together and your bottom on your feet. Rest your forehead on the floor and reach your arms back towards your feet. Breathe in and breathe out slowly.



Rainbow

Stand on your knees (tall kneeling). Lean to the right and place your right hand on the ground, keeping that arm straight. Straighten your left leg out to the left. Find your balance, then reach your left arm up and over your head, arching like a rainbow.



Butterfly

Sit up straight and bring the bottoms of your feet together. Let your knees fall towards the floor. Rest your hands lightly on your knees. Breathe in as you lift your knees up. Breathe out as you rest your knees back down. Continue breathing in and breathing out, flapping your colorful wings.



Peacock

Sit up tall with your legs straight out in front of you. Open your legs out into a big V. Breathe in as you straighten your back. Breathe out and reach forward towards your feet. Go as far forward as you can, then hold and breathe.



Baby Polar Bear

Lie on your back and bring both knees to your chest. Grab the outsides of your feet. Let your knees drop toward your armpits while your feet flex and face the sky. Your head, shoulders, back, and tail bone should rest on the floor.



Giraffe

Stand tall and reach your arms up overhead. Rise up to your tippy toes, stretching to be the tallest giraffe eating leaves from a tree.



Ice Skater

Stand tall and shift your weight onto your right foot. Bend your left knee back and catch that foot with your left hand. Reach your right arm high and lean forward, keeping your chest lifted as you balance. Breathe.



Belly Boggan

Lie on your belly. Bend your knees so that your feet reach up to the sky. Stretch your arms straight out in front of you. Breathe in as you lift your chest, arms, and legs off the floor.



Shuttle

Start in a plank position (hands and feet) with your legs straight behind you and your arms strong and straight. Breathe in through your nose, holding this position. Breathe out through your nose and reach one arm straight out in front of you to zoom through space. Hold that pose as you take another breath in. This time as you breathe out, place your hand back to the ground.



Crescent Moon

Stand tall with your feet rooted into the ground. Breathe in through your nose as you reach your arms high into the sky. Bring your palms together. Breathe out through your nose as you reach your hands over to one side, curving your side body into a crescent shape. Breathe in and reach back up high into the sky. Breathe out as you reach to the other side. Shine brightly.



Leaf Pile

Start on your hands and knees. Spread your fingers out wide and press into the palms of your hands. Tuck your toes and lift your knees off the ground. Keep pressing into your palms as you straighten your legs, sending your hips into the air to make a big upside down V, or pile of leaves.



Turkey

Start on your hands and knees. Bring your right leg forward and lay it down on the ground as though you were going to sit cross-legged. Straighten your left leg behind you and lower down to you elbows. Add your tail feathers by bending your left knee and reaching your left foot to the sky.



Wolf

Start on your hands and knees. As you breathe in, drop your belly down and look up at the moon. As you breathe out, let out a “hooooowl”.



Scarecrow

Stand with your feet out wide, toes pointed to the side walls. Bring your arms out to your sides and bend your elbows to 90 degrees, palms of your hands facing forward. Breathe in as you make your body tall. Breathe out as you lower into a squat. Keep your hips at knee level or above. Hold. Breathe. Smile.



Monkey

Stand tall and spread your feet wide. Bend at your waist and reach your arms to the ground. Swing your upper body and arms back and forth.



Bear

Start on your hands and knees. Lift your knees off the ground. Move forward by stepping your left arm and right leg, then your right arm and left leg. Repeat this as you lumber around like a bear. When you breathe out, give a little “growl”.



Tree

Stand tall with your hands together in front of you. Shift your weight onto one foot; imagine roots growing into the ground under that foot. Slowly lift the other leg up, bending your knee. Rest your lifted foot on the lower part of your rooted leg. Create a nest in your tree by cupping your hands in front of your heart. Balance. Breathe.



Grasshopper

Lie on your belly. Place your hands below your shoulders, keeping your elbows close to your body. Breathe in as you lift your chest slightly off the floor and then lift one straight leg. Lower down, then repeat by lifting the other leg.



Tiger

Start on your hands and knees. Reach your left hand straight out in front of you to make your tiger paw. Reach your right leg long behind you to make your tiger tail. Hold. "Growl".



Lion Breath

Kneel with your knees together and your bottom on your feet. Place your hands on your knees and keep your back and arms straight. Breathe in through your nose, filling your belly. Open your mouth wide, stick out your tongue, and breathe out with a "ROAR!"



Flamingo

Stand tall with your hands together. Shift your weight to one foot. Slowly lift the other leg up in front of you, bending your knee. Raise your arms out to your sides like wings. Balance. Breathe.



Warrior

Stand tall and take a big step back with one foot. Breathe in. As you breathe out, bend your front knee towards 90 degrees. Breathe in and reach your arms up to the sky. Keep your hips and shoulders facing forward. You are a powerful warrior! Come back to standing tall.



About the Inventor:

Erica Golub, a.k.a. DesignELF, has been designing toys for over 18 years and recently began dipping her toe in the inventor world of games. Yoga Dice is her first published game and was born from her 200-hour yoga certification training and her desire to share yoga with kids in a playful way. Namaste.

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