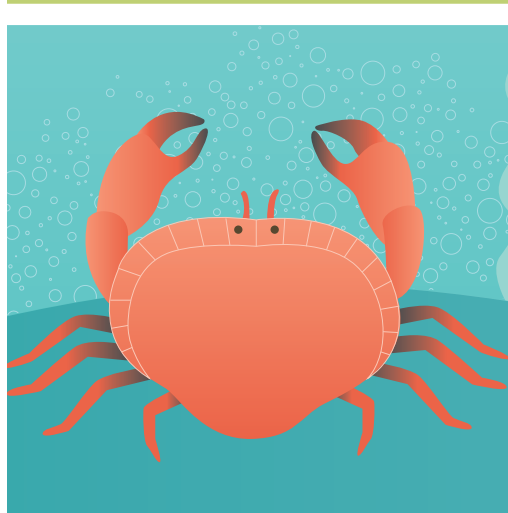
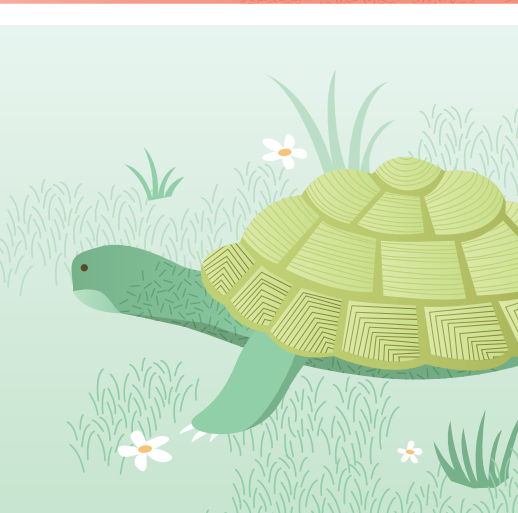
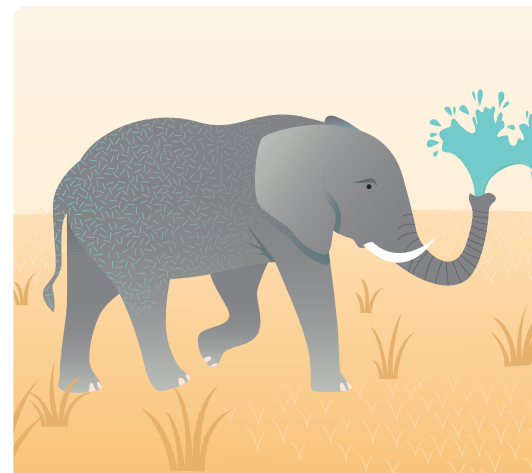
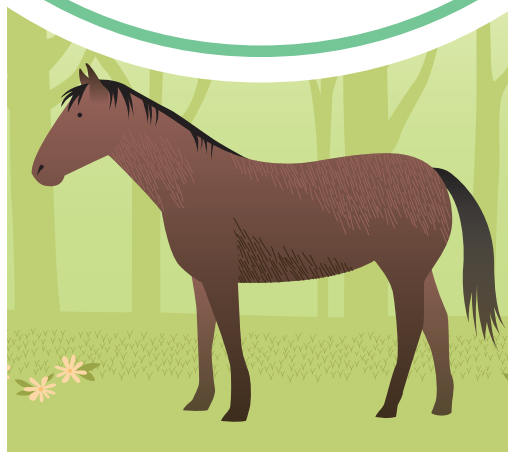


# Let's Go Yoginis!

## The Game

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# How To Play

## What equipment will I need?

You will need to print out the 6 counters and cut them out or make your own by using a pen and paper or writing numbers on pebbles or buttons, if you come up with any better ideas please don't forget to share them on our facebook page: [www.facebook.com/yoginisyoga](https://www.facebook.com/yoginisyoga)

Find a clean safe space to practice and play. This can be inside or outdoors.



## Step 1

Start each practice with the Yoginis promise: place you hands together (this is what we call *namaste mudra*) and say out loud:



Placing your hands  
at your heart centre...



...placing your  
hands at your lips...



...placing your hands at  
your eyebrow centre.

As specialist in children's wellbeing and mental health training for professionals our vision is to spread kindness because we know this to be the success to happiness. The Yoginis promise sends out the same moral message that in whatever we do and during whatever circumstances, everything should be done with kindness. The more you use this promise with the children the more you will imprint on them to act in a kind manner in all that they do and say, leading them to self-regulate and build resilience.

## Step 2

Place the counters in a bag or bowl and shake them up.

Each participant picks out a number counter without looking. This number corresponds to a yoga posture card.

Follow the instructions on the yoga posture card. Repeat this with the next person until all the counters are used up.

**To extend the activity** each participant must draw out all numbers 1-6 for themselves, for this you will need multiple counters or a score card.

**For very young children playing on their own** they may need the assistance of an adult or can figure out how to do the posture by looking at the photograph on the card.

**Older children** can read the instructions themselves and look at the photographs for guidance.

**The entire family** can join in the activity each taking turns in picking out a number. A family that does yoga together stays strong together.



## Step 3

After all the counters have been used up and you have finished moving your body in all the natural movements of the spine, it is now time for a little relaxation with the Sloth card.

Start by staying in Sloth for a few minutes and gradually increase your time in the posture.

Relaxing music can be played while you lie comfortably in this position, freely available on the website xxxxxxxxx.



Please don't forget to share your photos and experience of practice, this way you share with others how you can have fun staying physically active, enhancing your wellbeing and mental health without leaving the house.



@yoginisyoga



## Discover the benefits of Yoga!

We hope you have great fun getting physically active and enjoying quality time together!

**Why not purchase the 'Let's Go Yoginis' book for further ideas and postures?**

**[www.yoginisyoga.uk](http://www.yoginisyoga.uk)**

### **Discover 26 yoga positions illustrated and photographed to make your practise fun and easy, plus:**

- Ideas for adapting the postures to grow with your child and support their development
- Suggestions to bring the postures to life by encouraging communication and creativity
- Easy to use symbols that allow you to mix & match to create your own routines
- A unique practice every time
- A non-competitive activity for the whole family.
- How yoga can benefit every child and increase their individual chance for success and happiness.
- Learn to relax together
- Develop body awareness and learn to trust their intuition
- Recognise their uniqueness and feel loved
- Improve listening and their ability to follow directions
- Manage stress through breathing, movement, mindfulness and relaxation
- Increase self-acceptance and tolerance of others
- Helps them develop resilience and adaptability



Yoginis Yoga Training Ltd provide training programmes for educational professionals, nursery practitioners and other professionals working with children. They currently deliver their programmes in more than 160 schools reaching over 50,000 children and growing throughout the UK and Ireland.

### **Train today Teach Tomorrow**

fill out an enquiry form to have yoginis yoga programmes delivered in your school/organisation, training accessed online and in-house.

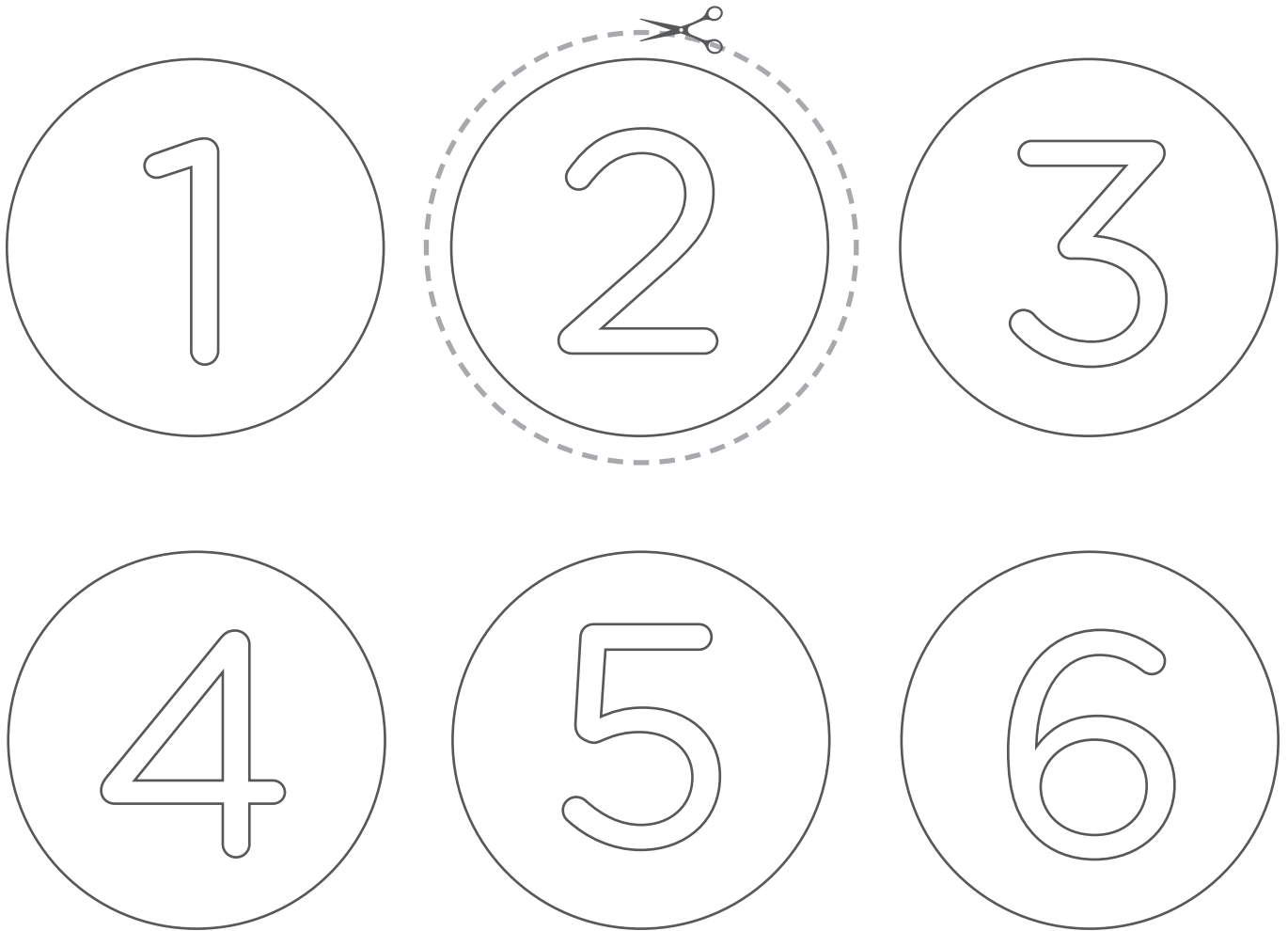


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[www.yoginisyoga.uk](http://www.yoginisyoga.uk)

# The Counters

Cut out the counters below carefully and colour them in. You could also use painted pebbles, toy cars with numbers taped on or anything you can think of! Don't forget to share your ideas with us at [www.facebook.com/yoginisyoga](https://www.facebook.com/yoginisyoga)



Each number corresponds to a yoga pose, which you'll find on the following pages. Follow the instructions carefully.





# Tree

My yoga name is *Vrksasana*

1

## How we do it

Stand up tall like a mountain, place your hands together, put one of your feet on the inside of your opposite leg, below or above the knee. Reach your hands up to the sky or place in the centre of your chest.

## You might like to try this

Keep your eyes in one place to help you focus, imagine roots growing from your foot into the ground. You could hold someone's hand to help you balance in tree position.

## Why it's good for me

Strengthens my legs, improves balance and concentration and helps my brain make new connections.

## Ideas

What kind of tree are you? Can you gently sway in the wind without falling over? Do you know the name of any trees?





# Cat

My yoga name is *Marjariasana*

2

## How to do it

Come on to your hands and knees. Arch your back up, hiss out your breath like an angry cat. Pause here for a moment and look through your legs. Now smell in the night air and move the chest forward. Lift your head up, smile and look up at the stars in the sky. Stay here for a moment and think what a happy cat you are.

## You might like to try this

Come onto your hands and knees, breathe in as you lift one of your back legs and your head up. Stay for a moment, then hiss your breath out as you arch up your back and take your head to your knee. Repeat with other leg.

## Why it's good for me

Keeps my neck shoulders and spine moving so I don't get back ache. Completely fills and empties my lungs, making sure I breathe deeply. Improves my digestion and relieves gas.

## Ideas

What makes me angry? What makes me happy? I can use this posture to show my feelings. I can hiss all my anger away and breathe in happiness. Are you a Siamese cat, a scared cat, a kitten, a growly tomcat, are you a graceful cat, playful cat? Do you climb trees?





# Teapot

My yoga name is *Trikonasana*

3

## How we do it

Stand with your legs apart, put your hands on your hips. Take one arm out to the side, level with your shoulder and tip sideways, pouring out your tea. Do it again on the other side.

## You might like to try this

Take your hand off your hip and stretch it up in the air. Imagine your back is against a wall and you can't move it off as you tip to the side.

## Why it's good for me

It stretches and tones the sides of my body, strengthens my legs and stretches my arms.

## Ideas

Sing the song *I'm A Little Tea Pot*. Throw a dice to see how many cups of tea you should pour.

See how many triangles you can make with your body. Where do you see triangles around the world?







# Cow

My yoga name is *Gomukhasana*

4

## How we do it

Sit with your legs crossed; if you can't just sit comfortably. Make sure you are sitting up nice and tall and place your hands on the back of your head. Breathe in, then moo out as you turn to look over your shoulder. Breathe in as you come back to face the front and repeat on the other side.

## Why it's good for me

Squeezes and tones the side of my body, opens my chest, releases tension in my shoulders and neck. Makes my spine nice and tall.

## Ideas

What food do we get from cows? What food do cows eat? Can you look around in the pose and tell us what you can see? In which country is the cow a sacred animal?





# Dog

My yoga name is *Adho Mukha Svanasana*

5

## How to do it

Come onto your hands and knees with fingers spread wide and onto your tip toes. Drop your head down and your bottom up as you straighten your legs, lifting your tail to the sky upward and back. Keep your legs straight if this feels comfortable or keep them slightly bent. Make sure you keep your head up off the floor.

## Why it's good for me

Strengthens and stretches my back, arms and legs. Stimulates increased full body circulation to refresh my mind. Good as a wake up pose for the morning.

## Ideas

Can you lift one leg in the air and wiggle it like a tail? Can you go for a walk while in dog pose? Can you bark like your favourite dog? Can you stay there while someone crawls under you? What kind of pets do dogs make?





# Lion

My yoga name is *Simhasana*

6

## How we do it

Sit on your heels and place your hands on the floor in front of you. Take a deep breath in through your nose, then stick out your tongue, widen your eyes and roar the breath out through your mouth.

## You might like to try this

See if you can touch the bottom of your chin with your tongue. Spread out your hands like lion's claws, flare your nostrils and look up between your eyes.

## Why it's good for me

Lion breath is different for everyone. Are you energised or calmed by it? Have a go yourself and notice how it makes you feel.

## Ideas

Try walking around like a proud lion then stop to roar. Try roaring softly, or silently, just the sound of your breath.



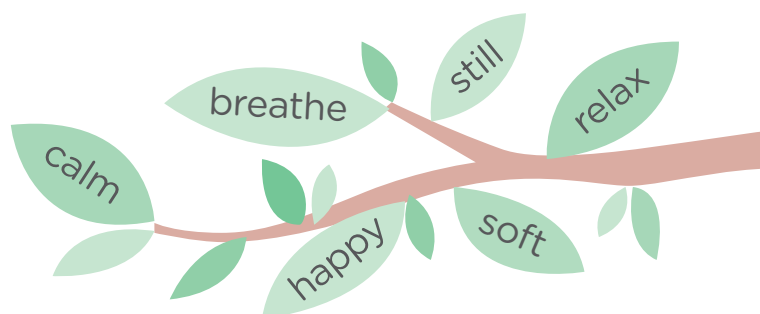


# Sloth

## Relaxation time

### How to do it

Find a comfortable position to be in. This can be sitting down on a chair or the floor. If you prefer you can lie down. Close your eyes and listen. Stay there for a long as you like. Afterwards you might like to share how it might feel to be a sloth.



# The Yoginis Yoga Promise



Placing your hands  
at your heart centre...



...placing your  
hands at your lips...



...placing your hands at  
your eyebrow centre.

## Three Kind Monkeys

My Yoga name is *Namaste Mudra*



### How to do it

Place the palms of the hands together, copy the monkeys and repeat the words of the promise three times together.

### Why it's good for me

One of the key principles in yoga is concerned with non-harming to self and to others. The Yoginis Yoga promise makes sure that I always remember to be kind. It helps me to show tolerance, understanding and increases my emotional intelligence.

### Ideas

How can we spread kindness in our daily lives?  
Try to think of three ways you can be kind today.  
Don't forget - this could be kindness to yourself or to others.

