

The
Yoga Garden
Game™

R U L E B O O K

Contents

Yoga Garden Game board
1 bee shaped marker
8 pie shaped night pieces
8 circular flower pieces
10 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 board 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 (discard pile on the moon). The game is ready to begin.

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 beginning play, decide together how long to hold the yoga poses. Younger children might try 5 seconds or 3 breaths. More adventurous or older kids could try 10 seconds or 5 breaths.

How to Play

The youngest player goes first and places the bee shaped marker on any circle in the outer path. Play moves clockwise. After rolling the die, the player moves the bee the allotted number of spaces. Depending on where the bee lands, there are six possible actions:

1) The bee lands on a flower:

Player picks a flower piece and plants it on top of any stem in the garden.

2) The bee lands on a star:

Player draws a night piece from under the nighttime tree and covers up a portion of the earth.

3) The bee lands on a sunny yellow space:

Player draws a Yoga Garden pose card and executes the yoga pose shown. Hold the pose for the agreed upon time, while the other players count out loud. Any or all of the players may join in and try to execute the pose. Don't forget to breathe!

4) The bee lands on the “?” space:

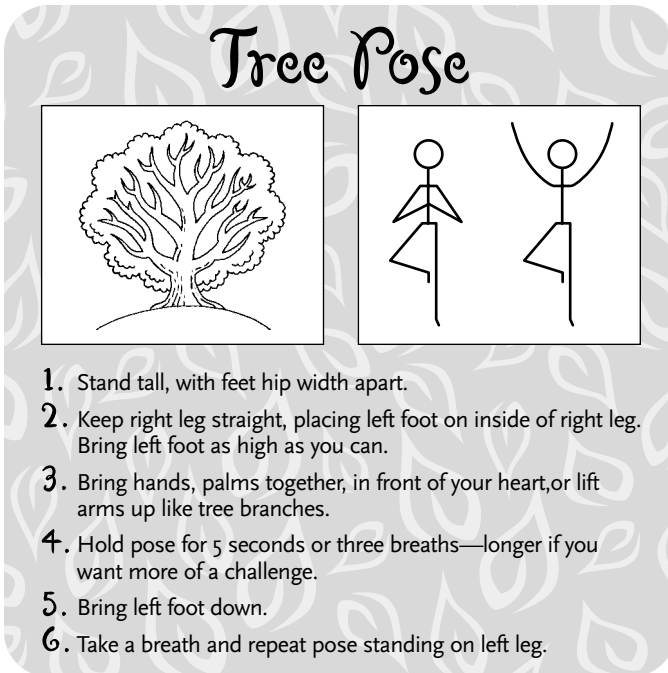
Player gets to invent a yoga pose! See if the other players can guess its name and then invite them to try it out. Can't make up a pose? Try imitating an animal. Use your imagination!

5) The bee lands on the apple:

This is one of the two Pitfall Spaces. Player must stand in Tree Pose (*see below*) on each leg. Hold pose for agreed upon time. Don't forget to breathe! If player is successful in holding tree pose, add a flower piece to the garden. If unsuccessful, remove a flower piece from the garden. If there are no flowers pieces to remove, play passes to the next player.

6) The bee lands on the mushroom:

This is the other Pitfall Space and play is similar to number 5. Player must stand in Tree Pose (*see below*) on each leg. If player is successful in holding tree pose, remove a night piece. If unsuccessful, add a night piece. If there are no night pieces to remove, play passes to the next player.



End

The game ends when either the garden is fully planted (all flower pieces have been played) or night has fallen (all the night pieces have all been played).

The Yoga Garden Game was created by Jennifer Durand, who studies and teaches yoga in San Francisco. 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. She'd love to hear from you. You can call her at 1-800-646-5320.