

How to Create the Game

1. Cut the outside square along the solid line.
2. Fold the square in half to create a triangle.
3. Fold the triangle in half to create a smaller triangle.
4. Unfold the game to return to the original shape.
5. Fold the corners along the center of square.
6. Flip the paper over.
5. Fold each of the corners in to create a smaller square.
6. Fold the square into a triangle. Unfold and repeat on the other side of the square. Unfold the triangle.
7. Fold and unfold the left section of the square to the right.
8. Bring each of the four corners of you square in the center of the square and separate the outside edges to create a space to slide fingers in.

How to Play the Game

1. One player begins with the thumb and index fingers of each hand in the four pockets of the game.
2. The second player then picks one of the colors on the top four flaps. If the color is Blue, spell out the letters of blue while alternating a pinching and pulling motion with the game. Each motion will expose four of the numbers on the inner flaps.
3. After spelling out color, four numbers will be exposed. The second player will then pick one of the numbers
4. The first player will repeat the pinch/pull action while counting the number.
5. After the number has been counted, the second player then picks one of the exposed numbers.
6. The players will then lift the flap and expose a yoga pose.
7. Both players will then try to do the yoga pose.

Red

1



Boat Pose

2



Bow Pose

Blue

3



Butterfly Pose

8



Candle Pose

Camel Pose



4



Cat Pose

Childs Pose



7



Chair Pose

Yellow

6

5

Green

Red

1



Cow Pose

2



Dog Pose

Blue

3



Crescent Moon

8



Horse Pose



Dancer Pose

Frog Pose



Easy Pose



Gate Pose



4

Yellow

6

5

Green

Red

1



Lobster Pose

2



Ragdoll Pose

Blue

3



Mermaid Pose

8



Snake Pose

Slide Pose



7



Surfer Pose



Tree Pose

Resting Pose



4

Yellow

9

5

Green