

YOGA



YOU WILL NEED

- Family or friends

HOW TO PLAY

- Each person chooses a balance to practise until they can perform it with control, without wobbling.
- Each person then teaches their move to the others. Remember to help each other to be the best you can.
- Try performing the moves in a sequence, moving fluently from one to the next.
- When someone has held a balance for as long as they can, give them a high five!

REMEMBER...

- If you need to lean on a chair or against a wall for a bit of support, that's fine too.