



# Yoga Dice Game



Roll two dice and do the pose that matches the number rolled.

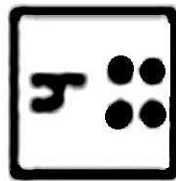
Hold each pose for 5 slow breaths.



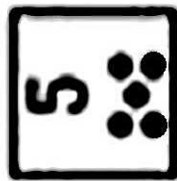
Triangle pose



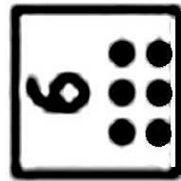
Belly breathing



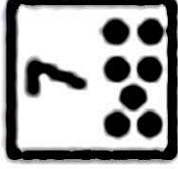
Camel pose



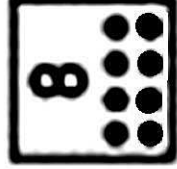
Tree pose



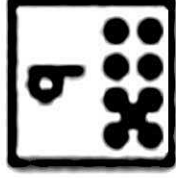
Cobra pose



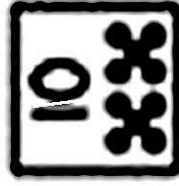
Warrior pose



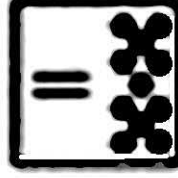
Down dog pose



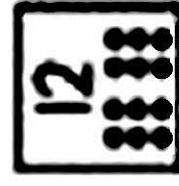
Plow pose



Boat pose



Flap your arms like an owl



Jump like a Frog