

# SUMMER BINGO

Take 3  
slow & full  
BREATHS

*How many letters  
can you shape  
your body into?*

**FLY LIKE A  
BIRD.  
BE A TREE  
FOR THE  
BIRD TO  
REST IN.**

HOW MANY  
"WARRIOR" POSES  
IS THERE?  
GOOGLE IF  
UNSURE. ACT  
THEM OUT.

Draw or paint your  
favorite yoga pose.  
Why that one,  
how does it make you  
feel?

**RELAX!  
SIT QUIETLY IN THE  
NATURE AND JUST  
OBSERVE.**

move THROUGH  
3  
sun SALUTATIONS

**Visit  
[youngyogis.com.  
au](http://youngyogis.com.au), get the free  
yoga class & do it  
with the family**

Do as many  
yoga poses with  
ANIMAL "names"  
as you can

Find out what  
the sanskrit  
word 'DRISTI'  
means

*Find a partner. Give  
them a massage and  
then swap over! Say  
thanks & hug.*

Sound out 3  
OM's  
Hands together at  
your heart.