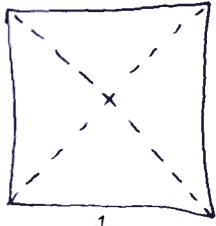


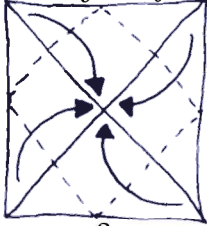
LARKIN THE SCARECROW'S

magical yoga game

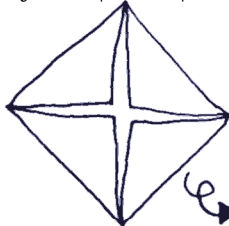
MAKING YOUR YOGA GAME (you might need a grown-up to help!)



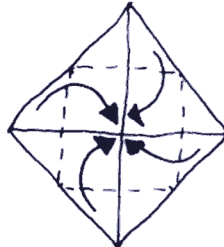
1. Put colour side down and fold on both diagonals. Unfold.



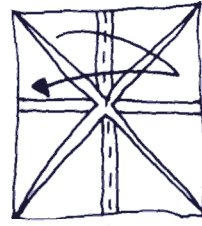
2. Fold all four corners in to the centre point.



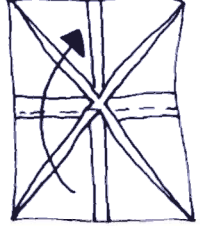
3. Turn paper over.



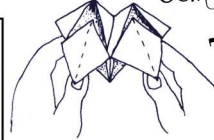
4. Fold all corners to centre again.



5. Fold paper in half then unfold.



6. Fold in half from top to bottom. Do not unfold.



7. Slide thumbs and forefingers under the squares and move backwards and forwards to play

PLAYING YOUR YOGA GAME

1. Choose the weather in Larkin's field. Spell it out while opening and closing the game.
2. Pick a yoga move and have a go doing it, then spell it out again.
3. Pick another yoga move to do, open and close the game while spelling it.
4. Choose a final yoga move, open the flap to reveal Larkin's message.

created by...
KARMA TIME
the magical art of relaxation

<p>SUN</p>	<p>MOUSE</p> <p>+ you are very lucky - make a wish!</p>	<p>TREE</p> <p>+ you are a happy person</p>	<p>RAIN</p>
<p>GORILLA</p> <p>Ohhh!</p> <p>You are a really good friend</p>	<p>LARKIN THE SCARECROW'S magical yoga game</p> <p>TREE Stand up tall with your feet together. Feel your strong roots beneath you. Lift one foot onto your leg to make a low branch. Stretch your arms up high and wiggle your leafy fingers in the sun!</p> <p>ROOF Stand with your feet wide apart. Turn one foot out and lift arms. Reach out over one leg to touch your ankle. Stretch your chimney up. Repeat on other side.</p>	<p>DRAGON Stand with one foot in front and behind you wide apart. Stretch your arms up and then bring them down in front to breathe out fire!</p> <p>DOG Start on your hands and knees. Stretch out your paws. Lift your bottom up and straighten your legs. Wag your tail if you're a happy dog! Cock your leg (both sides) if you're a cheeky dog!</p>	<p>SNAKE</p> <p>ssss</p> <p>You are really kind</p>
<p>ROOF</p> <p>You are full of love</p>	<p>BRIDGE Lie on your back with your knees bent. Lift your bottom off the floor, arching your back.</p> <p>MOUSE Kneel down then slowly lower your head to the floor using your hands. Place your hands with palms up, beside your feet. Let yourself rest..... Squeek! Squeek!</p>	<p>GORILLA Stand with your feet wide apart and legs straight. Bend forwards putting hands on floor. Slowly stand up again and pound your chest saying... Aaaaarrrrr!</p>	<p>DRAGON</p> <p>hrrrr</p> <p>You are unique!</p>
<p>WINDY</p>	<p>DOG</p> <p>+ you are a special person</p>	<p>BRIDGE</p> <p>you have a lovely smile</p>	<p>SNOWY</p>

cut out around the edge of the game

use the blunt edge of some scissors to score your fold lines

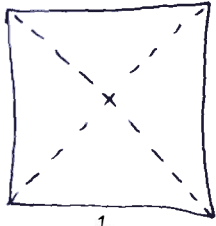
for details of children's Karma Time classes visit www.karmatime.com
teachchildrenyoga.com

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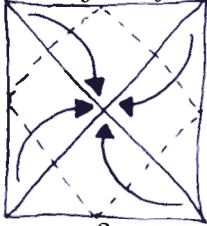
THE KARMATIME YOGA GAME & CD TRACK SELECTOR

magical yoga for children

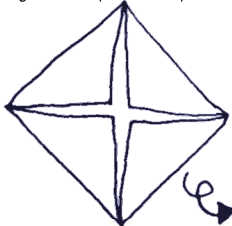
MAKING YOUR YOGA GAME (you might need a grown-up to help!)



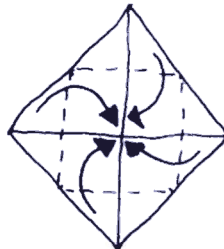
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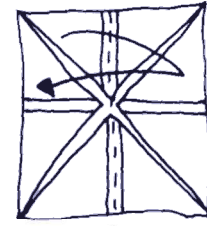
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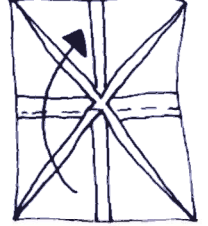
3. Turn paper over.



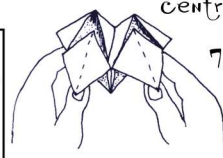
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created by...
KARMATIME
the magical art of relaxation

PLAYING YOUR YOGA GAME

1. Choose the direction N, S, E or W. Spell it out, while opening and closing the game.
2. Pick a yoga move and have a go doing it, then spell it out again.
3. Pick another yoga move to do, open and close the game while spelling it.
4. Choose a final yoga move, open the flap to reveal your message.

<p>WEST</p> <p>MOUNTAIN Listen to Track 7 - Rainbow Blanket Your power words are... "I feel GREAT!"</p>	<p>RAGDOLL</p> <p>Listen to Track 3 - Dream Friend Your power words are... "I am a good friend."</p>	<p>NORTH</p>	
<p>BUDDHA</p> <p>Lucky Dip! Put the CD on 'random' and see what it chooses! Your power words are... "I am flexible"</p>	<h3>How To Play The Karmatime Yoga Game</h3> <ol style="list-style-type: none"> 1. Warm up by running or dancing on the spot 2. Choose the direction north south east or west 3. Spell out the word whilst opening and closing the game 4. Hold the game open and pick a yoga pose 5. Spell it out, then choose another 6. Finally, pick one more pose, have a go and then reveal which track to listen to by lifting the flap <p>HOW IT CAN HELP YOU...</p> <p>DOG - energises the body and mind, relieves tiredness and eases muscle tension</p> <p>DREAMERS - it relaxes and rejuvenates the whole body and mind. It helps you to feel good by improving sleep patterns and overall health</p> <p>LIZARD - it helps you build muscle in your arms tones the tummy and strengthens the wrists</p> <p>MOUNTAIN - it improves posture builds concentration and regulates breathing</p> <p>MOUSE - it helps the body to rest and re-energise itself! It also reduces tiredness calms breathing and encourages the mind to settle</p> <p>RAGDOLL - as well as stretching the legs it soothes the mind, creating happy moods</p> <p>SNAKE - it strengthens the spine opens the chest and increases blood flow to the front brain for improved comprehension and thinking ability</p> <p>BUDDHA - it can help you find inner peace and happiness. It also encourages good posture deep breathing and clear thinking</p> <p>WWW.BEACHCHILDRENYOGA.COM</p>	<p>LIZARD</p> <p>Listen to Track 5 - Sunny Inside Your power words are... "I am happy"</p>	
<p>DREAMERS</p> <p>Listen to Track 4 - Magic Wand Your power words are... "I am relaxing"</p>		<p>SNAKE</p> <p>Listen to Track 2 - Crystal Bubble Your power words are... "I am kind to myself"</p>	
<p>EAST</p>	<p>MOUSE</p> <p>Listen to Track 1 - Safe Place Your power words are... "I am safe"</p>	<p>DOG</p> <p>Listen to Track 6 - Treasure Hunt Your power words are... "I feel thankful"</p>	<p>SOUTH</p>

cut out around the edge of the game

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