

# YOGA



# WAVE



THE LEADER WHO STARTS THE WAVE DOES A YOGA POSE OF HIS/HER CHOICE. IMMEDIATELY AFTER S/HE COMPLETES THE POSE, THE NEXT PERSON REPEATS THE SAME POSTE AND MOVEMENT CONTINUES UNTIL THE WHOLE GROUP HAS DONE THE POSE.



ONCE THE WAVE MAKES ITS WAY AROUND THE CIRCLE, ANOTHER PERSON HAS A CHANCE TO START THE WAVE WITH A POSE OF HIS/HER CHOOSING. AS THE CHILDREN GET MORE COMFORTABLE WITH THIS HAVE THEM INCREASE THE SPEED OF THE WAVE.



# WHO IS THE



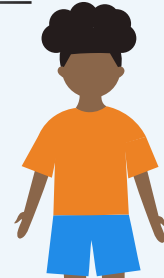
# LEADER?



ONE PERSON GOES OUTSIDE THE ROOM AND CHOOSES ANOTHER CHILD TO BE THE "LEADER". HAVE THE LEADER RAISE HIS/ HER HAND SO EVERYONE KNOWS WHO TO FOLLOW.



THE LEADER LEADS THE GROUP IN A SERIES OF YOGA POSES AND MOVEMENTS, AND THE GROUP FOLLOWS. THE CHILD OUTSIDE COMES BACK INTO THE ROOM AND HAS TO GUESS WHO THE LEADER IS.



IF TIME ALLOWS, EVERY CHILD HAS A TURN BEING BOTH THE GUESSER AND THE LEADER.



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