

Lan Lan Yoga

Internship



About Lan Lan Yoga



→
**Type Privately Held
Founded 2019**

**Company size 2-10 employees
Headquarters New York, New York
Address: 1623 3rd Ave, New York,
NY 10128**

**Website <http://lanlanyoga.org>
Phone +1(201)375-1304 Industry
Education Management**

About Lan Lan Yoga

STRETCHING THE POSSIBILITIES



SPREADING THE ENERGY OF JOY



Website

LAN LAN

LAN LAN YOGA

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NOT JUST YOGA, BUT ELEVATED LEARNING FOR CHILDREN

Monday 9AM-8PM
Tuesday 9AM-8PM
Wednesday 9AM-8PM
Thursday 9AM-8PM
Friday 9AM-5PM
Saturday 11AM-5PM
Sunday Closed

Zoom meeting from 9AM-6PM
Then Meeting if needed After two weeks.
Meeting with Lan Lan (CEO) Zihua(Game designer) and other interns



My work during the Internship



YOGA BINGO

RELAXATION AND RESTORING GAME FOR CHILDREN



COW

DOES YOUR CHILD STRUGGLE TO GET TO SLEEP AND STAY ASLEEP ALL NIGHT?



BAT

DOES YOUR CHILD HAVE EXTRA ENERGY DURING THE DAY?



LOTUS

DO YOU KNOW HOW TO HELP YOUR CHILD CALM DOWN AFTER EXPERIENCING A TANTRUM?

"we create YOGA Bingo - R&R to bring the relaxing and restoring ancient practice of yoga to children of all ages - through a deep, yet playful connection between the body, mind and soul."

INFO@LANLANYOGA.ORG
TEL : (917) - 720 - 4130

YOGA-INSPIRED GAME

IMPROVE BODY CONDITIONING
RELEASE STRESS AND ENERGY



YOGA contains 24 cards for Restoring and Relaxing that can be used for countless activities and games! Children have fun playing the games and they also learn that they could use to create coping mechanisms and being peaceful in life!



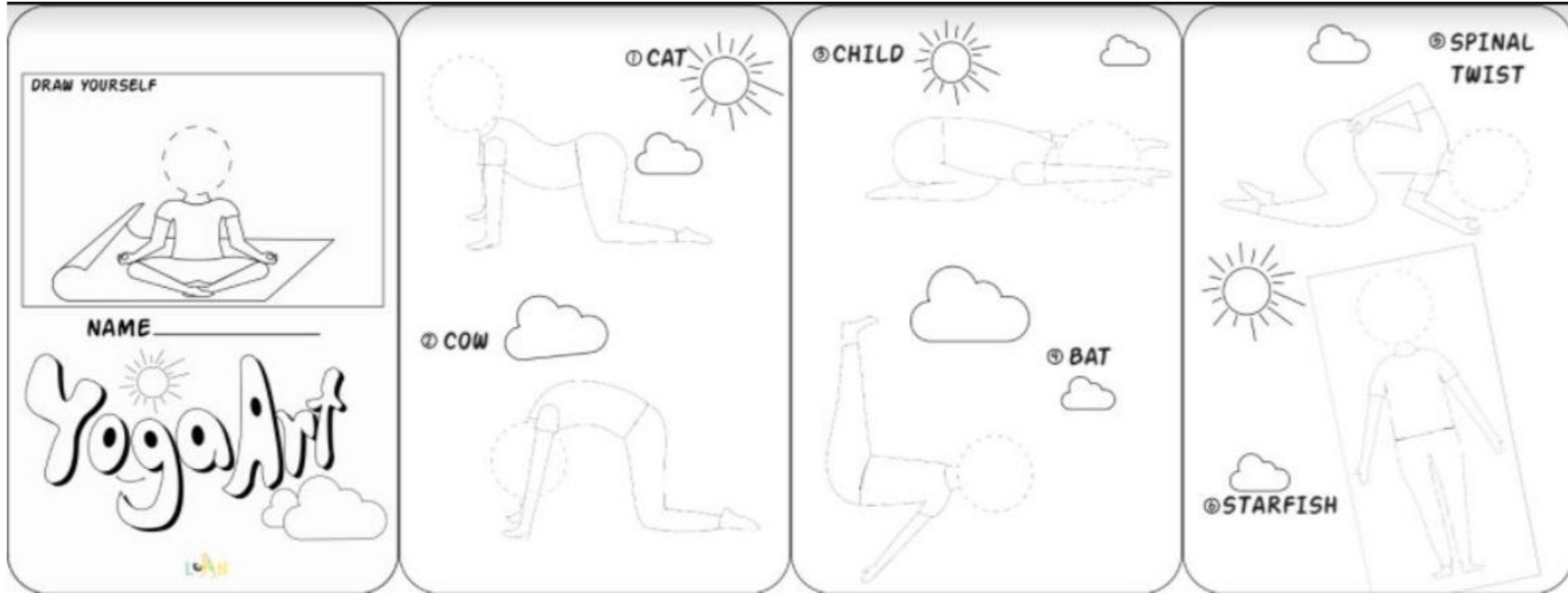
"ANY THING IS POSSIBLE WITH INNER PEACE!"



The Yoga Bingo R&R includes 3 Bingo Boards, 24 yoga instruction cards. The back of each instruction card breaks down each pose into 4 steps. It also includes photos of a yoga teacher demonstrating steps to guide children correctly and safely into the pose.

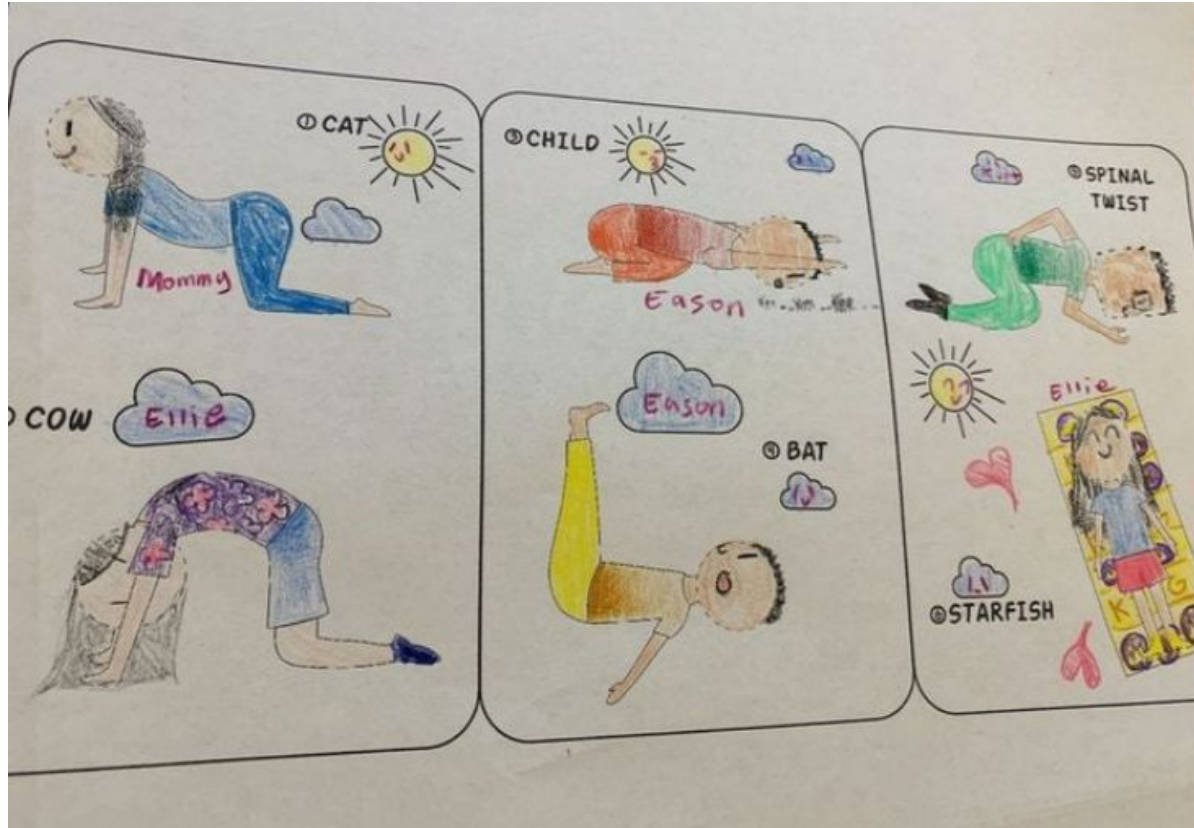
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Brochure V1

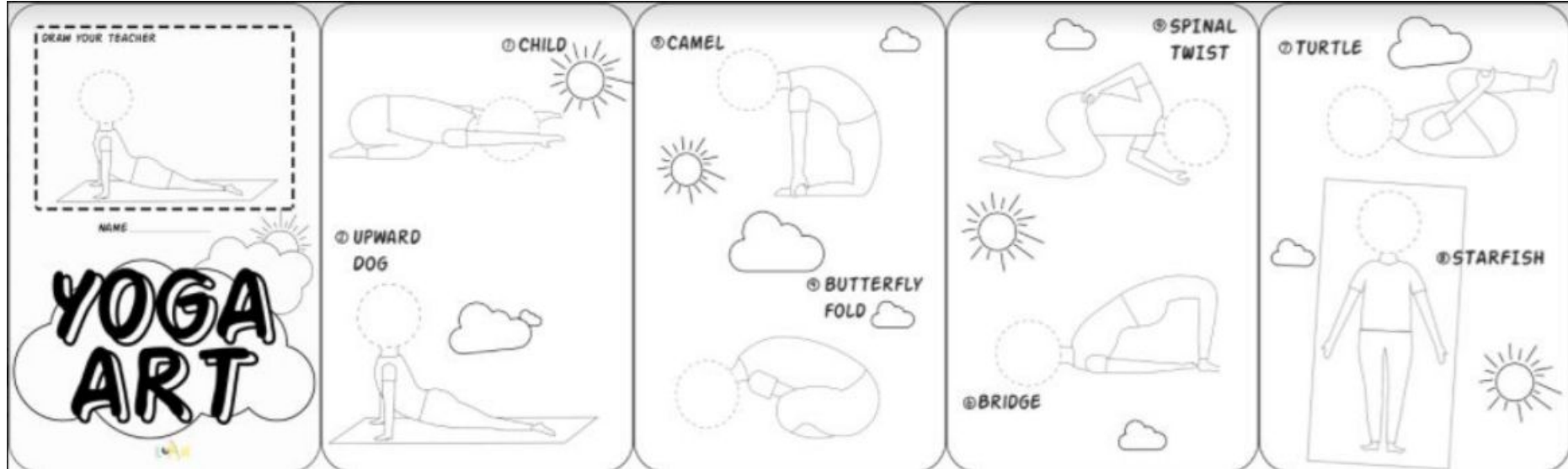


Yoga Bingo Black and white for kids to color in

Zihua (Game designer, visual development artist) her daughter colored in the actual print out sample.



Brochure V2



Yoga Bingo Black and white for kids to color in

Special
Holiday Gifts

A Relaxing Game, Connecting Children & Families!

Pre-Order Now
Receive by Christmas

**YOGA
BINGÖ**
RELAXING AND RESTORING

LAN
Illustrated by



YOGA BINGO - RELAXING AND RESTORING



WELCOME

Play
THROUGH BINGO GAMES CHILDREN LEARN YOGA AND CONNECT WITH EACH OTHER.

Relax
SLEEP BETTER. REDUCE STRESS. IMPROVE INNER PEACE.

Restore
IMPROVE FOCUS. DEVELOP BODY AWARENESS.

ONE WAY TO PLAY THE BINGO GAME!
THERE ARE 24 26 SQUARES ON THE BOARD WITH 24 UNIQUE YOGA POSES.



- 1. PLAYERS TAKE TURNS CALLING A YOGA POSE NAME!
- 2. EVERYONE DOES THE POSE! HOLD THE POSE FOR 3 LONG DEEP BREATHE!
- 3. TAKE THE SQUARE! IF YOU GET 5 SQUARES IN A ROW, YOU WIN

WINNER'S PRIZE - LEAD THE COMPLETION CEREMONY EVERYONE LAY DOWN ON THE FLOOR. STRETCH YOUR BODY AND RELAX. EYES CLOSED.

TAKE A LONG DEEP BREATH IN ALL THE WAY TO YOUR TUMMY. WHEN YOU BREATHE OUT HUM LIKE A BEE. RELAX YOUR FACE AND LIPS.

REPEAT FOR 5 TIMES. BREATH IN ALL THE WAY TO YOUR TUMMY. BREATHE OUT HUM. RELAX YOUR TOES, FACE, ALL THE WAY TO THE TOP OF YOUR HEAD.



BRAIN BREAK YOGA GAMES WE LOVE!
THERE ARE ENDLESS POSSIBLE WAYS TO PLAY WITH OUR YOGA CUES!!

TWISTER YOGA CHALLENGE

KIDS NEED A YOGA MAT, CHAIR OR CUSHION FOR THIS GAME. EVERYONE SHOULD HAVE THE SAME THING, WHATEVER YOU DECIDE.



WHATEVER BODY PARTS YOU CALL OUT, THEY HAVE TO GET INTO A POSITION WHERE ALL OF THOSE PARTS ARE TOUCHING THE PROP YOU CHOSE.

Ex. IF YOU SAY BOTH KNEES AND ONE FOOT, THEY HAVE TO THINK OF WHAT POSITION THEY CAN BE IN WHERE ONLY THOSE THREE BODY PARTS ARE TOUCHING THE CHAIR, OR IF YOU SAID BELLY, THEY MIGHT LAY ON THEIR STOMACH AND DO SUPERMAN, SO ONLY THEIR STOMACH IS TOUCHING THE CHAIR OR MAT.

FREEZE YOGA DANCE
ASSIGN ONE PERSON AS THE DJ
DJ WILL CHANGE MUSIC



EVERYONE DANCES AS THE MUSIC PLAYS. WHEN THE MUSIC STOPS, THE DJ WILL CALL A YOGA POSE'S NAME.

EACH PLAYER MUST FREEZE IMMEDIATELY AND HOLD THAT POSE UNTIL THE MUSIC BEGINS AGAIN.

IF A PLAYER DOES NOT FREEZE IMMEDIATELY S/HE DOES 10 JUMPING JACKS DURING THE START OF THE NEXT ROUND AND THEN REJOINS THE DANCE.



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 GUESSEER AND THE LEADER.



CHECK OUT OUR WEBSITE FOR MORE GAMES!!
WWW.LANLANYOGA.ORG

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Time Management

Poor Planning Skills
Rushing to Complete Tasks
Multitasking
Not Having Clear Goals



Thank you