

## Yogi Says



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*Yogi Says* is an active and fun way to remember and practice yoga poses. Much like *Simon Says*, *Yogi Says* involves a leader, or “Yogi,” who calls out instructions with yoga poses. If “Yogi” says to do something, act quickly! If “Yogi” does not and you do it anyway, you are out! The last participant to remain in the game becomes “Yogi” for the next round. *Yogi Says* can be played outside or inside and can be played at a distance. Before you play, check with participants that they know the yoga poses you will be using. This game is for first timers to advanced yoga students. *Yogi Says* is a great opportunity to become a leader and share your knowledge of yoga and yoga poses with others!

## How to Play!:

- 1.) After you’ve determined that everyone knows the poses that will be used in the game, decide who will be the “Yogi”. If you have lots of time, everyone will get a chance to be the “Yogi”!
- 2.) Spread out and make sure that everyone has enough space by staying 6 feet away from other players.
- 3.) In a loud voice and standing in front of the group, “Yogi” tells players what they must do. Remember: if the “Yogi” doesn’t start with the words “Yogi Says,” do not do it! It’s a trick!
- 4.) If “Yogi” says, “Yogi says downward facing dog,” then players must do a downward facing dog. But, if Yogi simply says “cobra,” *without* first saying “Yogi says,” players must not do cobra. Those that do cobra are out.
- 5.) As the yogi, don’t be afraid to be a bit of a trickster, and make it a challenge for the participants by changing speeds of how you are talking.
- 6.) Follow the directions and stay in the game for as long as possible! The last player standing wins and becomes the next “Yogi.” Play as many times as you’d like with family or friends at a distance!