

Memo Yoga Instructions

Level 1: Find Matching Pairs (Ages 3 and Over)

- 1) Place the cards face down on a flat surface and mix them thoroughly.
- 2) The youngest player starts by turning two cards over. **If the pictures are the same**, that player keeps the cards and continues playing. **If they are different**, the player places the cards back face down where they were before.
- 3) The game continues with the next player to the left.
- 4) The game is over when all the cards have been matched. **The player who found the most pairs is the winner.**

Level 2: Find Matching Pairs and Assume the Posture (Ages 6 and Over)

- 1) Sit on the floor in a circle. Place the cards face down in the middle of the circle and mix them thoroughly. The youngest player starts by turning two cards over: **If the pictures are the same**, that player must assume the posture indicated and hold it for 10 seconds. If the player performs the pose correctly, he or she keeps the cards. If not, the cards are to be placed face down where they were before. **If the pictures are different**, the player places the cards back face down where they were before.
- 2) The game continues with the next player to the left.
- 3) The game is over when all cards have been matched. **The player who found the most pairs is the winner.**