

# IMYOGI CARDS

The IMYOGI deck contains 35 cards that can be used for countless activities and games!

The cards are split into 7 colour-coordinated categories that will take you through a well-rounded yoga practice, from warm-up to cool-down.

Creating sequences will be a breeze for you and so much fun for the little ones.

We suggest to select two or three cards from each colour category (see the categories below) and slowly work through them with your little ones.

1. Warm Up Poses
2. Standing Poses
3. Balancing Poses
4. Forward Folds
5. Backbends
6. Cool Down Poses
7. Partner Poses

Enjoy x

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