

Name :

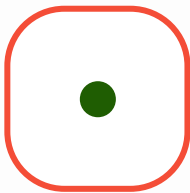
Class :

Dice Brain Break

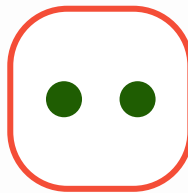
Roll the dice and perform the Yoga Position of the number you get.



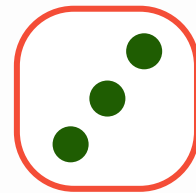
Viveksana



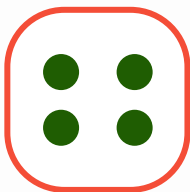
Utthita Trikonasana



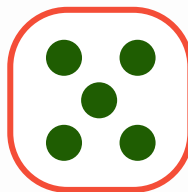
Vatayanasana



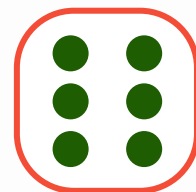
Bhujangasana



Ardha Chandrasana



Ardha Padmasana



DICE BRAIN BREAK

It's Yoga Time!

Roll a 6-sided dice. See which yoga position matches that number and do the activity together!

