

# namaste

## yoga domino

3+

2-4 PLAYERS

With the contents of this box you can play 2 different games, which aim to entertain both children and adults stimulating **concentration** and bringing them closer to the practice of yoga.

Before starting to play it must be emphasized that the practice of yoga must never hurt, and for this reason the positions must always be performed slowly. It is important to respect one's limits and not forget that our bodies are not all the same: ease and difficulty vary greatly from one person to another, and an easy **asana** (position) for a player might be difficult for another.

### GAME N.1 – YOGA DOMINO

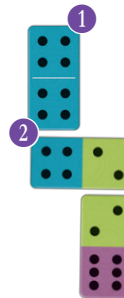
Shuffle the tiles, place them on the table covering the side with the asanas and randomly distribute 7 of them to each player. The youngest player begins, placing a tile on the table, with the asana visible. The turn passes to the player to their left, who attaches a tile to the one already placed on the table, only if it **completes the drawing of the asana** on one of the two sides. Otherwise, if there are 4 players they pass the turn, while if there are 2 or 3 players they draw one of the tiles left on the table and, if possible, they join it immediately. In this way a **snake of yoga positions** is formed which, however, must never overlap. The first player who places the last of their tiles on the table **wins the game**. If no player can add any new tiles to the sequence on the table, whoever has the fewest tiles wins.

### GAME N.2 – CLASSIC DOMINO

Shuffle the tiles, place them on the table covering the side with the dots and randomly distribute 7 of them to each player. The player who has the double tile with the highest value **1** begins, by placing it face up on the table. The turn passes to the player on their left, who attaches a tile to the one already present only if one of the two numbers (of dots) is equal to the number of the other tile (eg. **2**). Otherwise, if there are 4 players, they pass the turn, while if there are 2 or 3 players they draw one of the tiles left on the table until they find one to attach.

All the tiles drawn and not played are added to your own set of tiles. During the game a snake is formed which, however, must never overlap.

The first player who puts the last of their tiles on the table wins the game. If no player can add any new tiles to the sequence on the table, whoever has the fewest dots on their tiles wins.



## diamond supta vajra-asana

*I am very pure and precious,  
nobody is the same, but this is our strength*



- While on my knees I slightly spread my legs and I sit down between my feet
- When I exhale, I lie down to rest my elbows
- I take a few breaths
- I continue to go down until I lean my back and head against the floor

I sit on my knees. I spread my legs a little so that I can lean my back on the floor. The feet are resting on the buttocks and they are turned with the back to the floor. When I exhale I lie down and begin to lean my elbows on the ground. I take a few breaths and I feel the muscles of the thighs stretching. Then, if I am able to, I go down very slowly with the back to the floor until my head is also supported. I stay in this position for at least three breaths. When I release the position I do it very slowly.

**I learn from the diamond to reflect  
every little ray of light and to be bright**

## eagle garuda-asana

*I fly higher than everyone.  
How will I feel up there?*



- I stand as stable as a mountain
- I twist the left leg around the other leg
- I twist my left arm around the other arm, focusing my gaze on a point in front of me

Standing with my eyes focused on one point in front of me, I move the weight of the body on the right foot. I cross the left leg so as to hook the left foot to the right calf. I do the same thing with the arms: I extend my right arm and cross my left arm moving from below, so that the two hands come together to form the beak of this one beautiful eagle. I repeat on the other side.

**I learn from the eagle to have a very concentrated gaze**

## small mountain adho mukha svana-asana

*I become as stable as a mountain*



- I put myself in the position of the table
- I exhale and I extend my knees
- I push myself on my arms and I draw an inverted V with my body

I start from the position of the table, with my hands and knees on the ground, while looking down. When I exhale I bring the weight on my arms and I extend my legs. I push the pelvis upwards. I stretch my back like the dog does after a deep sleep.

**I learn from the mountain the art of imperturbability**

## tree vrks-asana

*I have deep roots that allow me  
to stretch high towards the sky*



- I stand up and I feel deeply rooted
- I move the weight on one side and lift the opposite foot
- I lean the raised foot against the opposite knee

I stand with my legs slightly spread apart and with my feet firmly rooted to the ground. I put all my weight on the right side and lighten my left foot. The right foot will be strong and firmly planted on the ground while the left will be free and light. I watch a point on the ground not too far from me and I lift my left foot, stopping near the knee of the right leg. The arms extend towards the sky and the hands join palm to palm above the head. I also repeat it with the other leg. The more the foot is raised... the more difficult it will be to maintain the position.

**I learn from the tree to be strong, but also flexible  
so as not to break with the strong wind**

## bear jambavat-asana

*I feel the force rising from the earth. No, it's not fatigue, it's strength. Do I feel it? Do I feel strong?*

The feet are well rooted and the legs slightly spread apart. I bend my knees.  
A little longer ... I stretch my arms with my hands facing the floor and stiff fingers, like claws... I breathe 10 times to feel the strength of the earth rising.

*I learn from the bear to respect the nature where I live*



- I stand up, legs slightly apart
- I bend my knees
- I extend my arms with my hands facing the floor

## book pashimottana-asana

*I relax and think about the last book I read*

Sitting with my legs stretched out in front of me, I inhale and bring my arms upwards. Breathing out I gently reach up to grab my feet. I'm careful not to overdo it!

*I learn from the book to open myself to others, with no fear of showing my emotions*



- I'm sitting with my legs in front of me
- I inhale and move my arms up
- I exhale and lean forward, grabbing my feet

## plough hala-asana

*With the feet I make the furrows to plant the seeds that will become something good to eat*

Lying on the mat, I give myself a slight push back and take my legs over my head, until my toes are leaning on the floor.

I also put my hands on the floor, or I can use them to give a little support on the buttocks. I inhale and exhale slowly for at least 3 times.

*I learn from the plough the toil of work, but also the great satisfaction in gathering its fruits*

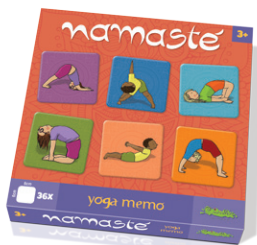


- I lie down and move my legs back, over the head
- I lean my toes against the floor
- I inhale and exhale slowly for at least 3 times



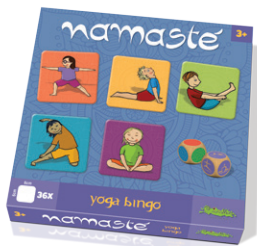
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Discover the complete line of yoga games dedicated to the little ones!



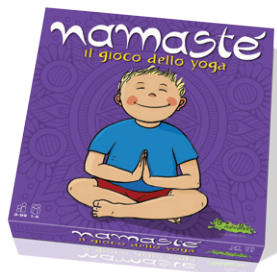
## Yoga Memo.

Train your memory and body with the yoga positions. Match the pairs, and practice the position shown on the tiles.



## Yoga Bingo.

Two very special ways to play bingo, the second of which requires alertness and stimulates visual perception. The tile is identified by throwing two dice.



## Namasté is the game of yoga for children ... of all ages!

Namasté introduces the players to the world of yoga with 5 different simple and engaging games of movement. Among the many yoga positions we chose 40 of them, representative and suitable for children, and we have illustrated them on big cards. There are 20 "easier" and 20 "less easy" positions, so that all children, in the different ranges of age, can experiment and play.



## In collaboration with:



Associazione Italiana  
Yoga per Bambini

GIOCAYOGA



Namasté is a line of boardgames for children focused on the world of Yoga. The aim of these games is to make contact with the asanas, the positions, because through the corporeality and the peculiar request for immobility we offer children the entrance into a world of infinite imagination.

Namasté's games have been designed in collaboration with Lorena Pajalunga, Yoga teacher and founder of the Italian Yoga Association for Children (A.I.Y.B.) which, with the Giocayoga method, brings the teachings of this age-old discipline to the children of today.



LUDO ERGO SUM

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