

# Balance Bingo

Hold each pose for a minimum of 5 seconds and then cross it off!  
 See how many different ways you can get Bingo on the board.

|                                                                                     |                                                                                     |                                                                                     |                                                                                       |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |    |    |
| 3-Leg Downward Dog                                                                  | Plow Pose                                                                           | Forward Bend                                                                        | Tree                                                                                  | Ankle Hold                                                                            |
|   |   |   |    |   |
| Plank                                                                               | Side Plank                                                                          | Elbow Stand                                                                         | Sunshine                                                                              | Standing Forward Fold                                                                 |
|  |  | <b>FREE SPACE</b>                                                                   |  |  |
| Side Angle                                                                          | Handstand                                                                           | <b>FREE SPACE</b>                                                                   | Revolved Chair                                                                        | Half Bow                                                                              |
|  |  |  |   |  |
| Reverse Table                                                                       | Half Moon                                                                           | Crow                                                                                | Warrior III                                                                           | Chair                                                                                 |
|  |  |  |  |  |
| Half Bridge                                                                         | Splits                                                                              | Side Angle                                                                          | Shoulderstand                                                                         | Lunge                                                                                 |