

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	 Warrior II	 Forward Bend	 Sunshine	 Standing Forward Fold
 Tree	 Ankle Hold	 Plank	 Side Plank	 Elbow Stand
 Half Bow	 Revolved Chair	FREE SPACE	 Shoulderstand	 Lunge
 Side Angle	 Reverse Table	 Half Moon	 Chair	 Crow
 Handstand	 Rocking Boat	 Warrior III	 Half Bridge	 Splits



PAPILLION
LANDING