



ZOOGA ZEN CHALLENGE

This mind/body challenge is a "check in" for your yoga progress.

We use this system to give children a sense of achievement, confidence building and self-awareness.

Each yogi will demonstrate their mastery of each pose in color order.
Once mastered, yogis are awarded with the matching color bracelet.

BRACELET COLOR	YOGA POSES TO DEMONSTRATE
RED	Tree Butterfly Downward Dog Mouse
ORANGE	Snake Cat/Cow Frog Table Top
YELLOW	Mountain Airplane Turtle Sun Salutation
GREEN	Chair Camel Boat Eagle Bat Candlestick
BLUE	Warrior 1 Warrior 2 Fish Dolphin Bridge
PURPLE	Warrior 3 Sun Salutation B Half Moon *Choose Your Own
RAINBOW	Handstand *Choose Your Own Sequence (Or All Past Poses)

*One bracelet can be earned per month *Demonstrations are the last week of each month.
NO FEE TO PARTICIPATE. Classes that may participate: Yogi Bears, Mighty Pandas and Warriors