



ZOOGA YOGA ZEN CHALLENGE

This challenge is a check in for your growth. We encourage all to participate. Each yogi can demonstrate their mastery of each pose (in order) according to color, once mastered they are awarded with the matching color bracelet.

**One bracelet can be earned per month **Demonstrations are the last week of the month.
a sign up sheet will be at the front desk at the start of class*

WHO CAN PARTICIPATE (ages 5+)	BRACELET COLOR	YOGA POSES TO DEMONSTRATE
Dancing Doggies Yogi Bears Family Warriors Teens	RED	Tree Butterfly Downward Dog Mouse
Dancing Doggies Yogi Bears Family Warriors Teens	ORANGE	Snake Cat/Cow Frog Table Top
Dancing Doggies Yogi Bears Family Warriors Teens	YELLOW	Mountain Airplane Turtle Sun Salutation
Yogi Bears Family Warriors Teens	GREEN	Chair Camel Boat Eagle Bat Candlestick
Yogi Bears Family Warriors Teens	BLUE	Warrior 1 Warrior 2 Fish Dolphin Bridge
Warriors Teens	PURPLE	Warrior 3 Sun Salutation B Half Moon Choose Your Own
Warriors Teens	RAINBOW	Handstand Choose Your Own Sequence