



# SPIN+A+MUDRA



 <b>Brilliant</b>	 <b>Bud</b>	 <b>Harmony</b>	 <b>Knowledge</b>	 <b>Clearing</b>	 <b>Water</b>
 <b>Lotus Flower</b>	 <b>Secret</b>	 <b>I Need Some Space</b>	 <b>Invite The Truth</b>	 <b>You Are A Gift</b>	 <b>Closed Flower</b>
 <b>Lean On Me</b>	 <b>Taking Care</b>	 <b>Tied In A Knot</b>	 <b>Balanced</b>	 <b>Heart</b>	 <b>Into Me</b>
 <b>High Low</b>	 <b>The Best Me</b>	 <b>Yin Yang</b>	 <b>Thunderbolt</b>	 <b>Heart Full of Love</b>	 <b>Open Your Heart</b>
 <b>Earth</b>	 <b>Downward</b>	 <b>Air</b>	 <b>Carry Me</b>	 <b>Life</b>	 <b>Okay</b>
 <b>Turtle In A Shell</b>	 <b>Contemplation</b>	 <b>Plug Into The Earth</b>	 <b>Sun</b>	 <b>Wake Up</b>	 <b>We Are The World</b>

# GAME INSTRUCTIONS



## Spin-A-Mudra

- + Take turns spinning.
- + The student who spun chooses a mudra corresponding with the color the arrow landed on.
- + That student demonstrates the mudra and the group members copy it.
- + The student who was the spinner guides the other students to close their eyes and instructs them to: "breathe in through your nose, breathe out through your nose" two times.
- + The leader then instructs the others to: "open your eyes and wiggle out your fingers."

