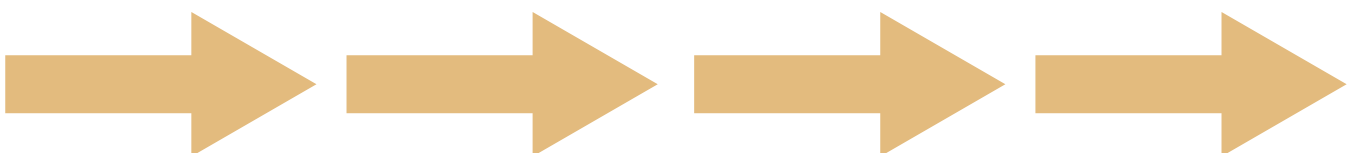


Yoga Spinner Game

@ofcina.beeshanti

Use a fidget spinner and stick the arrow on one side, or a pencil and a paperclip.
Spin and see what is the pose and then hold it for 5 breaths. You can play it alone, with colleagues or with your family.



Yoga Spinner Game

@oficina.beeshanti

Use a fidget spinner and stick the arrow on one side, or a pencil and a paperclip.
Spin and see what is the pose and then hold it for 5 breaths. You can play it alone, with colleagues or with your family.

