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2 Person Yoga Poses Challenge Cards

Page 1: 14 pose cards by level. Cut along the lines or tick each pose you hold.

LEVEL 1 EASY

Hold: 5 breaths

☐ Back-to-back breathing

Sit tall, backs touching, eyes closed. Sync your breaths.

☐ Seated twist

Back to back, twist right, hand on partner's left knee. Switch.

☐ Partner forward fold

Wide V, soles touching, hold forearms. One leans back, one folds.

☐ Double tree

Inside palms overhead, outside foot on calf or thigh, never knee.

LEVEL 2 FUN

Hold: 3 to 5 breaths

☐ Partner chair

Back to back, link elbows, walk feet out, sit into a chair together.

☐ Temple

Face each other, hinge forward, palms meet overhead in an arch.

☐ Side-by-side warrior two

Hip to hip, outside feet wide, inside fingertips touch.

☐ Plank high fives

High planks facing, heads about 2 feet apart, tap opposite hands.

LEVEL 3 MEDIUM

Hold: 3 to 5 breaths

☐ Double boat

Toes touching, hold wrists, straighten one leg at a time into a W.

☐ Partner dancer

Face each other, hold back foot, press palms, hinge forward.

☐ Double downward dog

Flyer walks feet onto base's lower back, never mid spine.

LEVEL 4 HARD

Hold: 2 to 3 breaths, spotter required

☐ Double plank

Flyer grips base's ankles, feet on tops of base's shoulders.

☐ Front plane

Base's feet on flyer's hip creases, hands held, legs straighten.

☐ Handstand with a spotter

Wall L hold first. Kick up, spotter catches thighs.

Most beginners: 5 slow breaths is about 30 seconds. Do both sides of twists and one-leg balances.
Skip Level 3 and 4 if either partner is injured or pregnant, and check with your doctor first.

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Challenge Night Scorecard

Page 2: 5 rounds, about 45 minutes, plus a safety checklist.

Rounds

- ☐ Round 1: Warm-up, 5 to 10 minutes, no points.
- ☐ Round 2: Draw 2 easy cards per pair.
- ☐ Round 3: Draw 2 fun cards per pair.
- ☐ Round 4: Draw 1 medium card per pair.
- ☐ Round 5: Optional hard card, only with a spotter in the room.

Scoring

Held the target breaths cleanly	3 points
Held with one touch-down or regrip	2 points
Brave attempt, came out safely	1 point
Laugh bonus: both laughing and still holding	plus 1

Pair	Round 2	Round 3	Round 4	Round 5	Total

Safety checklist

- ☐ We warmed up for 5 to 10 minutes before any pose.
- ☐ We picked a stop word, and either of us can use it anytime.
- ☐ We are on a soft, non-slip surface: mats, carpet, or flat grass.
- ☐ We grip forearms or wrists, not fingertips.
- ☐ A third person spots every hard pose where feet leave the floor.
- ☐ Nobody is injured or pregnant for Level 3 and 4 (check with a doctor first).
- ☐ We stop on sharp pain, numbness, or dizziness.

Photo tips and notes

Phone on a mini tripod at hip height, shoot from the side, 10-second timer or burst mode.