How to use this word pack

YOGA BINGO

This pack contains 30 different player cards and a matching named host list. Give each person a different numbered card. For a word-matching game, read one entry at a time and mark the matching square. Agree on a winning pattern and check a claim against the called entries. A completed line is a game result, not a health assessment.

The 5 x 5 yoga list contains pose names for vocabulary or an existing instructor-led class. It is not a sequence to follow or a guide to learning an unfamiliar pose. Let a qualified instructor choose suitable poses, alternatives and precautions. The pack makes no claim about treatment or health outcomes.

Edit the prepared list at https://printablebingocards.co/fitness/

References for names, format and context (no endorsement claimed):

https://www.yogajournal.com/poses/

https://www.nccih.nih.gov/health/tips/things-you-should-know-about-yoga



Card 001 • Set YOGA • Free printable

B	I	N	G	O
Triangle	Standing forward fold	Warrior I	Butterfly	Reclined twist
Downwa-rd dog	Staff	Low lunge	Cat	Extended side angle
Warrior III	Mountain	FREE	Chair	Upward dog
Corpse pose	Seated forward fold	Tree	Bridge	Cow
Warrior II	Cobra	Sphinx	Child’s pose	Happy baby



Card 002 • Set YOGA • Free printable

B	I	N	G	O
Extended side angle	Low lunge	Sphinx	Bridge	Chair
Happy baby	Standing forward fold	Reclined twist	Mountain	Cobra
Triangle	Cat	FREE	Cow	Downwa-rd dog
Child’s pose	Warrior II	Warrior I	Upward dog	Butterfly
Corpse pose	Tree	Seated forward fold	Staff	Warrior III



Card 003 • Set YOGA • Free printable

B	I	N	G	O
Chair	Happy baby	Mountain	Staff	Cow
Upward dog	Extended side angle	Bridge	Warrior I	Cat
Low lunge	Warrior II	FREE	Seated forward fold	Reclined twist
Butterfly	Sphinx	Corpse pose	Tree	Child’s pose
Standing forward fold	Downwa-rd dog	Cobra	Warrior III	Triangle



Card 004 • Set YOGA • Free printable

B	I	N	G	O
Cow	Bridge	Cobra	Seated forward fold	Mountain
Staff	Upward dog	Downwa-rd dog	Corpse pose	Butterfly
Child’s pose	Low lunge	FREE	Warrior I	Standing forward fold
Sphinx	Triangle	Tree	Warrior II	Cat
Happy baby	Warrior III	Reclined twist	Chair	Extended side angle



Card 005 • Set YOGA • Free printable

B	I	N	G	O
Cobra	Extended side angle	Chair	Warrior I	Butterfly
Reclined twist	Low lunge	Mountain	Sphinx	Staff
Child’s pose	Downwa-rd dog	FREE	Warrior III	Bridge
Triangle	Upward dog	Standing forward fold	Tree	Corpse pose
Happy baby	Cow	Warrior II	Cat	Seated forward fold



Card 006 • Set YOGA • Free printable

B	I	N	G	O
Cobra	Staff	Triangle	Child’s pose	Extended side angle
Mountain	Reclined twist	Chair	Seated forward fold	Upward dog
Standing forward fold	Downwa-rd dog	FREE	Warrior II	Low lunge
Happy baby	Tree	Butterfly	Cow	Bridge
Sphinx	Cat	Warrior III	Corpse pose	Warrior I



Card 007 • Set YOGA • Free printable

B	I	N	G	O
Cow	Reclined twist	Corpse pose	Mountain	Bridge
Downwa-rd dog	Warrior III	Cat	Sphinx	Triangle
Warrior I	Low lunge	FREE	Tree	Butterfly
Warrior II	Chair	Upward dog	Standing forward fold	Cobra
Extended side angle	Child’s pose	Staff	Seated forward fold	Happy baby



Card 008 • Set YOGA • Free printable

B	I	N	G	O
Warrior II	Happy baby	Cobra	Standing forward fold	Mountain
Cat	Sphinx	Corpse pose	Reclined twist	Downwa-rd dog
Warrior III	Seated forward fold	FREE	Butterfly	Upward dog
Triangle	Child’s pose	Bridge	Staff	Tree
Low lunge	Cow	Warrior I	Chair	Extended side angle



Card 009 • Set YOGA • Free printable

B	I	N	G	O
Seated forward fold	Cat	Warrior I	Downwa-rd dog	Happy baby
Mountain	Staff	Extended side angle	Low lunge	Cow
Standing forward fold	Chair	**FREE**	Tree	Bridge
Child’s pose	Warrior III	Warrior II	Butterfly	Cobra
Sphinx	Corpse pose	Triangle	Reclined twist	Upward dog



Card 010 • Set YOGA • Free printable

B	I	N	G	O
Cow	Upward dog	Warrior III	Warrior II	Triangle
Mountain	Child’s pose	Standing forward fold	Butterfly	Cobra
Warrior I	Extended side angle	**FREE**	Bridge	Sphinx
Tree	Corpse pose	Happy baby	Low lunge	Seated forward fold
Reclined twist	Downwa-rd dog	Cat	Chair	Staff



Card 011 • Set YOGA • Free printable

B	I	N	G	O
Sphinx	Tree	Happy baby	Cobra	Corpse pose
Warrior II	Bridge	Extended side angle	Child’s pose	Seated forward fold
Butterfly	Standing forward fold	**FREE**	Warrior I	Cow
Upward dog	Triangle	Cat	Low lunge	Reclined twist
Mountain	Chair	Downwa-rd dog	Staff	Warrior III



Card 012 • Set YOGA • Free printable

B	I	N	G	O
Sphinx	Mountain	Tree	Bridge	Corpse pose
Warrior III	Cow	Chair	Standing forward fold	Warrior II
Triangle	Butterfly	**FREE**	Warrior I	Staff
Cat	Happy baby	Upward dog	Extended side angle	Cobra
Reclined twist	Seated forward fold	Child’s pose	Low lunge	Downwa-rd dog



Card 013 • Set YOGA • Free printable

B	I	N	G	O
Cobra	Chair	Staff	Cow	Low lunge
Standing forward fold	Sphinx	Happy baby	Warrior II	Bridge
Mountain	Child’s pose	FREE	Reclined twist	Downwa-rd dog
Butterfly	Warrior I	Upward dog	Triangle	Cat
Corpse pose	Warrior III	Extended side angle	Seated forward fold	Tree



Card 014 • Set YOGA • Free printable

B	I	N	G	O
Cat	Reclined twist	Warrior III	Corpse pose	Tree
Seated forward fold	Happy baby	Child’s pose	Mountain	Extended side angle
Butterfly	Downwa-rd dog	FREE	Sphinx	Cobra
Warrior II	Upward dog	Chair	Staff	Warrior I
Bridge	Triangle	Standing forward fold	Cow	Low lunge



Card 015 • Set YOGA • Free printable

B	I	N	G	O
Upward dog	Cobra	Warrior I	Downwa-rd dog	Child’s pose
Extended side angle	Standing forward fold	Mountain	Bridge	Cow
Happy baby	Seated forward fold	FREE	Staff	Butterfly
Corpse pose	Cat	Triangle	Sphinx	Reclined twist
Tree	Warrior II	Chair	Warrior III	Low lunge



Card 016 • Set YOGA • Free printable

B	I	N	G	O
Happy baby	Reclined twist	Chair	Warrior I	Corpse pose
Child’s pose	Butterfly	Downwa-rd dog	Upward dog	Warrior II
Sphinx	Mountain	FREE	Tree	Bridge
Standing forward fold	Cobra	Staff	Low lunge	Seated forward fold
Cow	Extended side angle	Warrior III	Cat	Triangle



Card 017 • Set YOGA • Free printable

B	I	N	G	O
Seated forward fold	Warrior III	Happy baby	Extended side angle	Child’s pose
Cobra	Corpse pose	Downwa-rd dog	Chair	Sphinx
Reclined twist	Warrior II	FREE	Low lunge	Upward dog
Cat	Standing forward fold	Bridge	Cow	Triangle
Staff	Butterfly	Mountain	Warrior I	Tree



Card 018 • Set YOGA • Free printable

B	I	N	G	O
Happy baby	Mountain	Chair	Corpse pose	Triangle
Warrior I	Staff	Seated forward fold	Upward dog	Tree
Cat	Child’s pose	FREE	Low lunge	Downwa-rd dog
Cobra	Warrior II	Reclined twist	Extended side angle	Warrior III
Cow	Butterfly	Sphinx	Bridge	Standing forward fold



Card 019 • Set YOGA • Free printable

B	I	N	G	O
Staff	Extended side angle	Corpse pose	Cobra	Warrior III
Seated forward fold	Cow	Tree	Upward dog	Chair
Standing forward fold	Downwa-rd dog	FREE	Warrior II	Triangle
Child’s pose	Reclined twist	Bridge	Butterfly	Mountain
Warrior I	Low lunge	Happy baby	Cat	Sphinx



Card 020 • Set YOGA • Free printable

B	I	N	G	O
Downwa-rd dog	Reclined twist	Seated forward fold	Upward dog	Tree
Warrior II	Triangle	Sphinx	Bridge	Low lunge
Child’s pose	Cat	FREE	Corpse pose	Mountain
Staff	Extended side angle	Warrior I	Butterfly	Cobra
Warrior III	Chair	Happy baby	Cow	Standing forward fold



Card 021 • Set YOGA • Free printable

B	I	N	G	O
Low lunge	Upward dog	Extended side angle	Staff	Corpse pose
Seated forward fold	Sphinx	Tree	Happy baby	Warrior II
Butterfly	Cow	FREE	Child’s pose	Chair
Warrior I	Bridge	Warrior III	Mountain	Cobra
Triangle	Cat	Downwa-rd dog	Reclined twist	Standing forward fold



Card 022 • Set YOGA • Free printable

B	I	N	G	O
Warrior I	Mountain	Corpse pose	Staff	Chair
Butterfly	Low lunge	Downwa-rd dog	Cow	Child’s pose
Reclined twist	Extended side angle	FREE	Happy baby	Cat
Standing forward fold	Tree	Bridge	Triangle	Warrior III
Seated forward fold	Sphinx	Cobra	Warrior II	Upward dog



Card 023 • Set YOGA • Free printable

B	I	N	G	O
Sphinx	Upward dog	Warrior I	Standing forward fold	Butterfly
Staff	Warrior III	Cow	Cat	Mountain
Child’s pose	Chair	FREE	Seated forward fold	Tree
Extended side angle	Happy baby	Warrior II	Downwa-rd dog	Triangle
Bridge	Corpse pose	Reclined twist	Low lunge	Cobra



Card 024 • Set YOGA • Free printable

B	I	N	G	O
Butterfly	Low lunge	Upward dog	Tree	Bridge
Downwa-rd dog	Extended side angle	Reclined twist	Standing forward fold	Seated forward fold
Child’s pose	Triangle	FREE	Happy baby	Cat
Cobra	Chair	Warrior II	Warrior I	Staff
Sphinx	Corpse pose	Cow	Warrior III	Mountain



Card 025 • Set YOGA • Free printable

B	I	N	G	O
Child’s pose	Mountain	Warrior II	Upward dog	Low lunge
Cobra	Corpse pose	Warrior I	Butterfly	Cow
Happy baby	Tree	FREE	Staff	Extended side angle
Bridge	Standing forward fold	Sphinx	Reclined twist	Downwa-rd dog
Chair	Triangle	Cat	Seated forward fold	Warrior III



Card 026 • Set YOGA • Free printable

B	I	N	G	O
Child’s pose	Chair	Triangle	Warrior II	Warrior III
Cat	Extended side angle	Seated forward fold	Sphinx	Cobra
Mountain	Reclined twist	FREE	Low lunge	Standing forward fold
Happy baby	Butterfly	Corpse pose	Upward dog	Staff
Warrior I	Tree	Cow	Bridge	Downwa-rd dog



Card 027 • Set YOGA • Free printable

B	I	N	G	O
Standing forward fold	Seated forward fold	Cow	Corpse pose	Triangle
Upward dog	Cobra	Bridge	Warrior II	Downwa-rd dog
Warrior I	Staff	**FREE**	Extended side angle	Sphinx
Child’s pose	Warrior III	Reclined twist	Butterfly	Mountain
Low lunge	Cat	Tree	Chair	Happy baby



Card 028 • Set YOGA • Free printable

B	I	N	G	O
Extended side angle	Reclined twist	Staff	Child’s pose	Happy baby
Butterfly	Warrior II	Mountain	Triangle	Warrior I
Bridge	Cat	**FREE**	Tree	Standing forward fold
Cow	Downwa-rd dog	Warrior III	Low lunge	Upward dog
Chair	Cobra	Corpse pose	Sphinx	Seated forward fold



Card 029 • Set YOGA • Free printable

B	I	N	G	O
Standing forward fold	Triangle	Upward dog	Corpse pose	Warrior I
Warrior III	Seated forward fold	Mountain	Staff	Warrior II
Chair	Cobra	FREE	Downwa-rd dog	Low lunge
Tree	Bridge	Extended side angle	Cat	Reclined twist
Sphinx	Happy baby	Child’s pose	Cow	Butterfly



Card 030 • Set YOGA • Free printable

B	I	N	G	O
Warrior II	Cobra	Warrior I	Mountain	Staff
Seated forward fold	Butterfly	Happy baby	Corpse pose	Extended side angle
Reclined twist	Tree	FREE	Sphinx	Downwa-rd dog
Low lunge	Cat	Warrior III	Cow	Triangle
Standing forward fold	Upward dog	Child’s pose	Bridge	Chair

YOGA BINGO • host item list

Read items in a shuffled order. Each item is called once.

01 Mountain
02 Tree
03 Chair
04 Warrior I
05 Warrior II
06 Warrior III
07 Triangle
08 Extended side angle
09 Downward dog
10 Upward dog
11 Child’s pose
12 Cat
13 Cow
14 Cobra
15 Sphinx
16 Bridge
17 Staff
18 Seated forward fold
19 Butterfly
20 Happy baby
21 Reclined twist
22 Corpse pose
23 Low lunge
24 Standing forward fold