

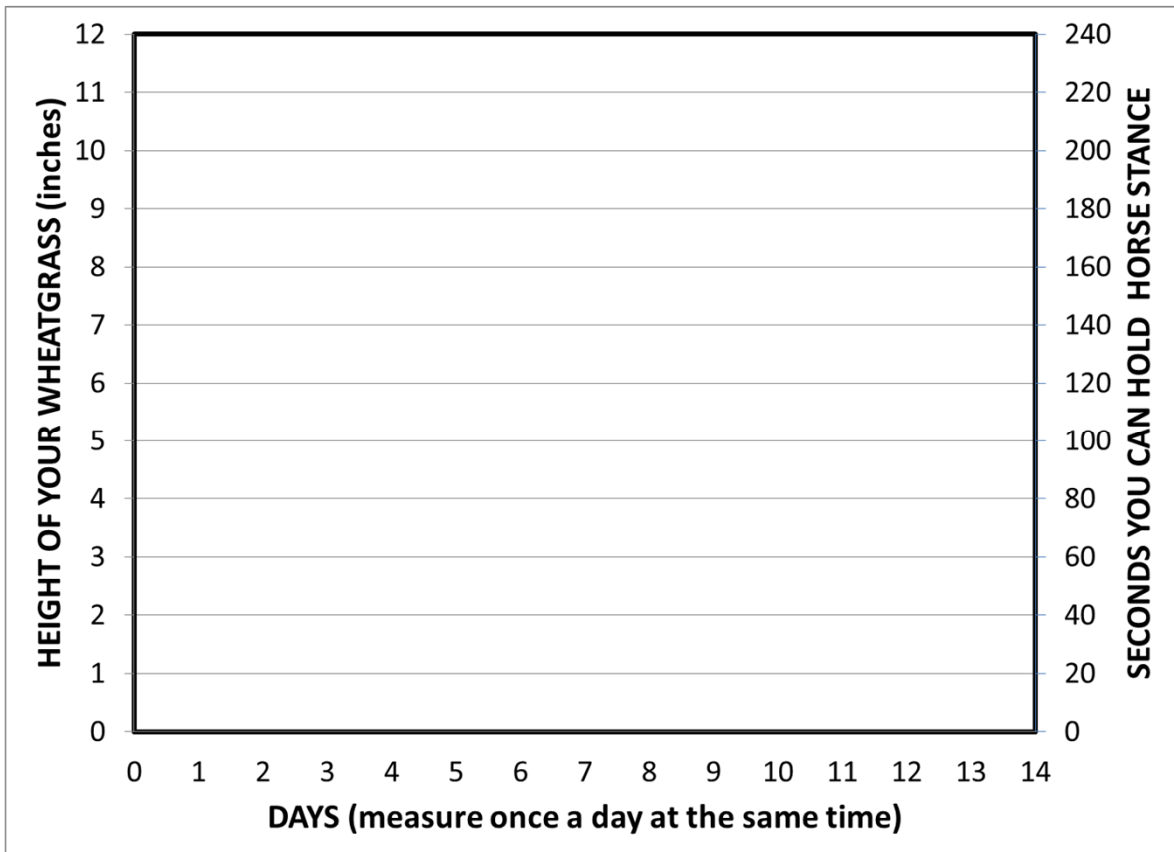
The **GREEN DRAGONS**
WHEATGRASS & HORSE STANCE CHALLENGE



MIND • BODY • SOIL

WWW.THEGREENDRAGONS.COM

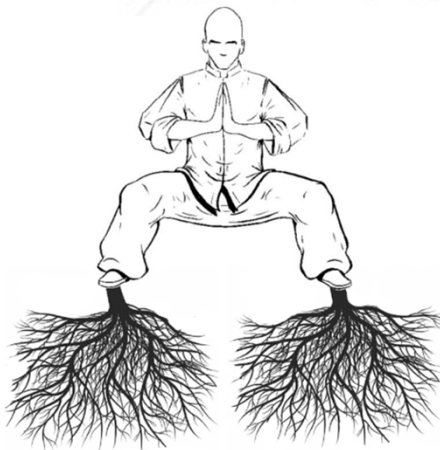
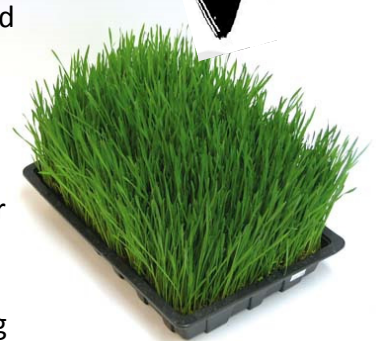
Read the instructions on the reverse side then chart your progress!



WHEATGRASS & HORSE STANCE CHALLENGE

I. GROW SOME WHEATGRASS

1. Take the seeds provided in this pouch (2 tbsp) and place in a cup.
2. Let seeds soak in water for 8-12 hours.
3. Rinse and strain the seeds, drain thoroughly.
4. Moisten a paper towel and place in the bottom of your growing container (growing containers should be about 2" x 2", get creative with your containers and decorate them too!)
5. Pour seeds evenly from the cup into the growing container, spread so seeds form a tight layer on the bottom on top of the towel.
6. Let seeds sit and sprout for about 24 hours. (no light necessary)
7. Find a sunny spot to let your seeds grow and spray daily with water to keep the seeds moist.
8. After seeds have grown about ½" measure and keep track of their growth by measuring the height each day at the same time and filling in a graph (a graph is on the back or make your own)
9. Clip off the grass and blend with your favorite juice or try chewing raw. Wheatgrass is a very healthy snack!



*Send us a picture
of your horse
stance and
wheatgrass!*



II. PRACTICE YOUR ROOT

1. As you watch your grass grow and form roots you should learn how to form your own root.
2. Get into a strong horse stance (feet face forward, knees bent, back straight, hands in front, don't rise up)
3. Have a friend or family member time how many minutes and seconds you can stay in your stance.
4. Practice your stance each time you measure your wheatgrass and record your horse stance time on a graph.

III. COMPLETE THE CHALLENGE

1. Take a picture or short video (30 sec. max) of you doing horse stance with or near your wheatgrass.
2. Visit our website at:
www.thegreendragons.com
and submit your picture or video under the "MEDIA" page. Write us a brief explanation of what it was like to learn to grow the wheatgrass and your horse stance.
3. Check back on our website to see us post your picture!

Questions? e-mail info@thegreendragons.com