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If a number is rolled, this will be the number of breath counts the yoga pose will be held. 2. The Yoga Instructor rolls all 6 Yoga Pose Dice together. The group of players will select the pose from the Yoga Pose Dice that matches the color of the Pose Token they wish to move forward.

Yoga Dice - ThinkFun : uploads : 2024/09 : YogaD-1844-Instructions
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Steps to Play

- Players roll the dice and choose a pose to hold together as a group.
- If everyone can hold the pose for the number of breaths rolled on the Breath Die, they advance a Pose Token along the track.
- If a focus symbol is rolled, the group loses some of its focus, and the Focus Token moves forward one space.

ThinkFun Yoga Dice Game for Boys and Girls Ages 6 and Up - Learn ...
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