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hwc kCrYT" style="padding-bottom:12px;padding-top:0px" data-bbox="81 260 989 300">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.

ahUKEwjA87qY98iDAX9fGwGHemZDyOOQFnoECAEQBg" href="{href}" data-bbox="81 425 989 465">Yoga Dice - ThinkFun : uploads : 2024/09 : YogaD-1844-Instructions" data-bbox="81 475 989 535">2ahUKEwjA87qY98iDAX9fGwGHemZDyOOzmd6BAgBEAc" href="{href}" data-bbox="81 545 989 585">O O bet365" data-bbox="81 595 989 635" style="padding-bottom:12px;padding-top:0px" data-bbox="81 645 989 685">

Steps to Play

1. Players roll the dice and choose a pose to hold together as a group.

2. everyone can hold the pose for the number of breaths rolled on the Breath Die, they advance a Pose Token along the track.

3. If a focus symbol is rolled, the group loses some of its focus, and the Focus Token moves forward one space.