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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.

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Yoga Dice - ThinkFun

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Steps to Play

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

2. If 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.

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

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