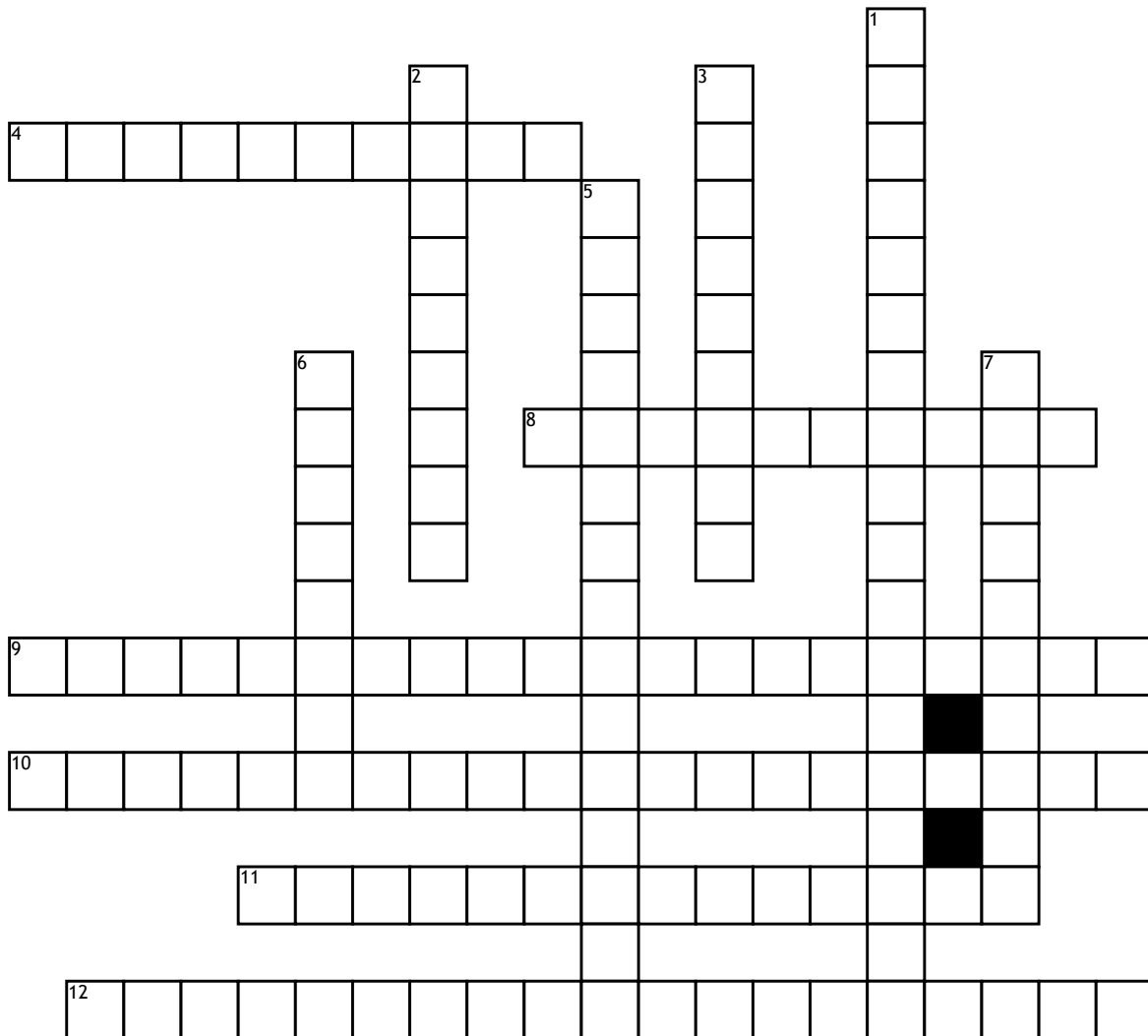


Asana Postures



Across

4. Sage, Prophet

8. Straight,
Upright, Equal
Standing

9. Upward facing
dog

10. Hands over
head

11. Half-Lotus

12. Four limbed
staff

Down

1. Downward
facing dog

2. Lotus

3. WW.

Happiness/Joy

5. Half intense
stretch, Lift
chest/heart

6. Child's Pose

7. Intense
stretch, forward
fold