

Relaxation

H H O M K Y X X K R E L A X A T I O N L S I L G
C A M G Y W I P L Q C A L M N E S S E F S X D J
O Q E E I S K H I O U L S Z U K W S X S A A T O
N S D S S Y A X E C S A Z T T G L H E W Y Y E W
N O I Y H V M J Q N N O N R I C S N D D X T Q U
E U T A O V D I F D Y B A X B L L N R O O A J A
C N A Q G O I H A R P N K X Q U L E P N S C D U
T D T T S E R N A N Q R R U F L A N V O O A E Z
I S I I Q L D A T U L T I D V M A Z E D H J B V
O C O T T O I Z I W H E N V I F V F S S Q K Z S
N A N T V D W L T H T I T N O N C A T G S G B O
B P K P T L I Z C U M I G W J R U Z W V S X O O
C E T Q F T I Y D W J R O O K D F B M P B D Y E
R E I R Y A N E G D S Q J D B X G I U W Q J I R
C O N T E M P L A T I O N W G X H M U O O B O U
R U D M J J T H S F J N L O N F S B U N F X J S
P M E G N I H T A E R B H L I C U E A M V L A O
P O Z Z X L Z P B O B W O S T E H K R L J V E P
S Q E P E A C E F U L N E S S A A D N E A W J M
T T N E M T N E T N O C Q O E B G J D A N N L O
Y V J M N G I A J Q H P X B G S S S P O T I C C
B G F E J R T G J H Q O M E I S I X F N P U T E
D Z P U N D I S T U R B E D D W Y Q C S I J R Y
I C K N O I T C E L F E R X X H Q F B P C I G E

contemplation	peacefulness	contentment	daydreaming
mindfulness	tranquility	undisturbed	connection
meditation	reflection	relaxation	soundscape
breathing	composure	digesting	slow down
stillness	calmness	quietude	serenity
balance	nature	hush	rest