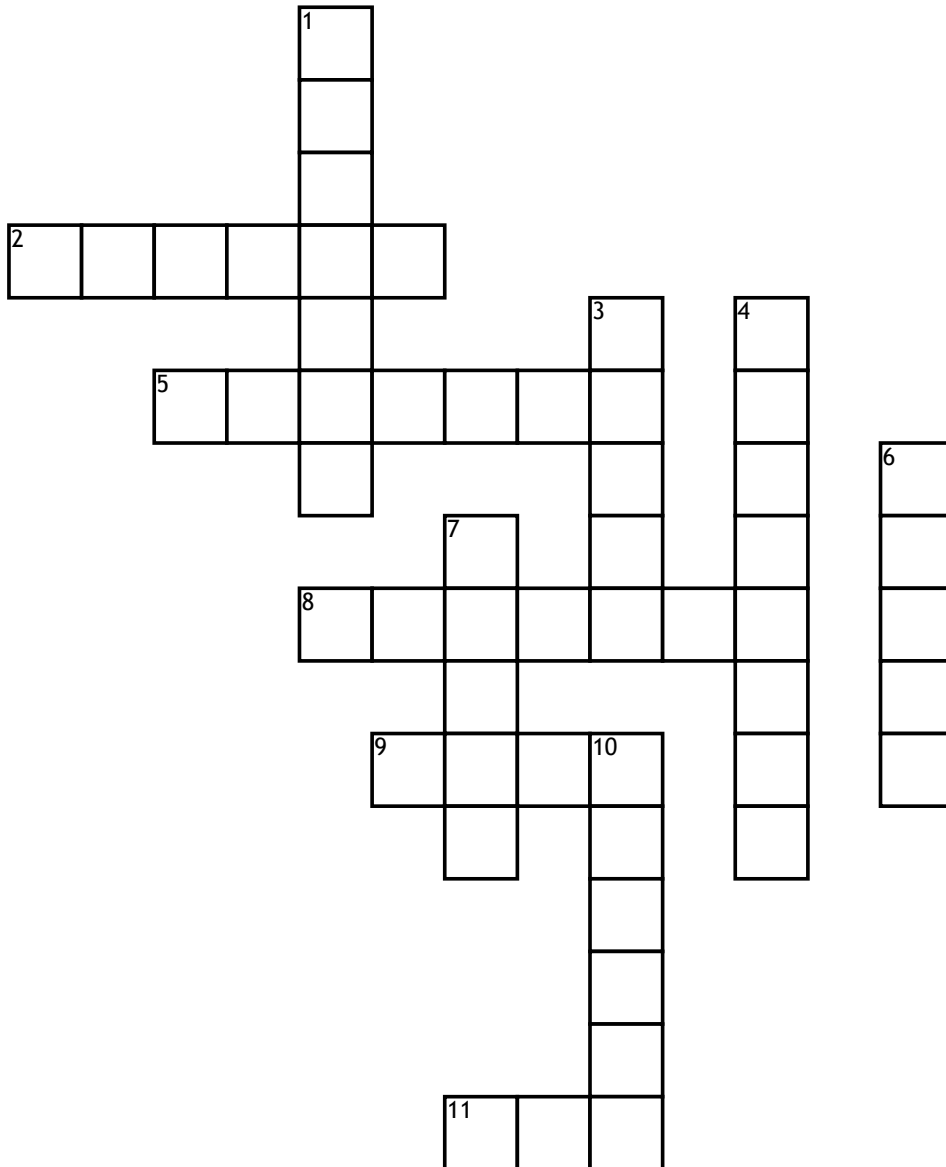


# Rānana Wellbeing Week



**Across**

- 2. A powerful and irrational fear of something
- 5. The principal source of energy in all cells; also known as dextrose
- 8. A system of stretching and strengthening exercises
- 9. Exercises formulated in India thousands of years ago to unite one's mind and body
- 11. Carrier of the genes, present in all body cells of every species

**Down**

- 1. Prolonged inability to obtain adequate sleep
- 3. Organ of love in the body
- 4. When you experience trauma, emotional strain or tension you may become very \_\_\_\_\_.
- 6. To recharge we \_\_\_\_\_.
- 7. Pumps around your body
- 10. A deficiency of red blood cells; often caused by insufficient iron