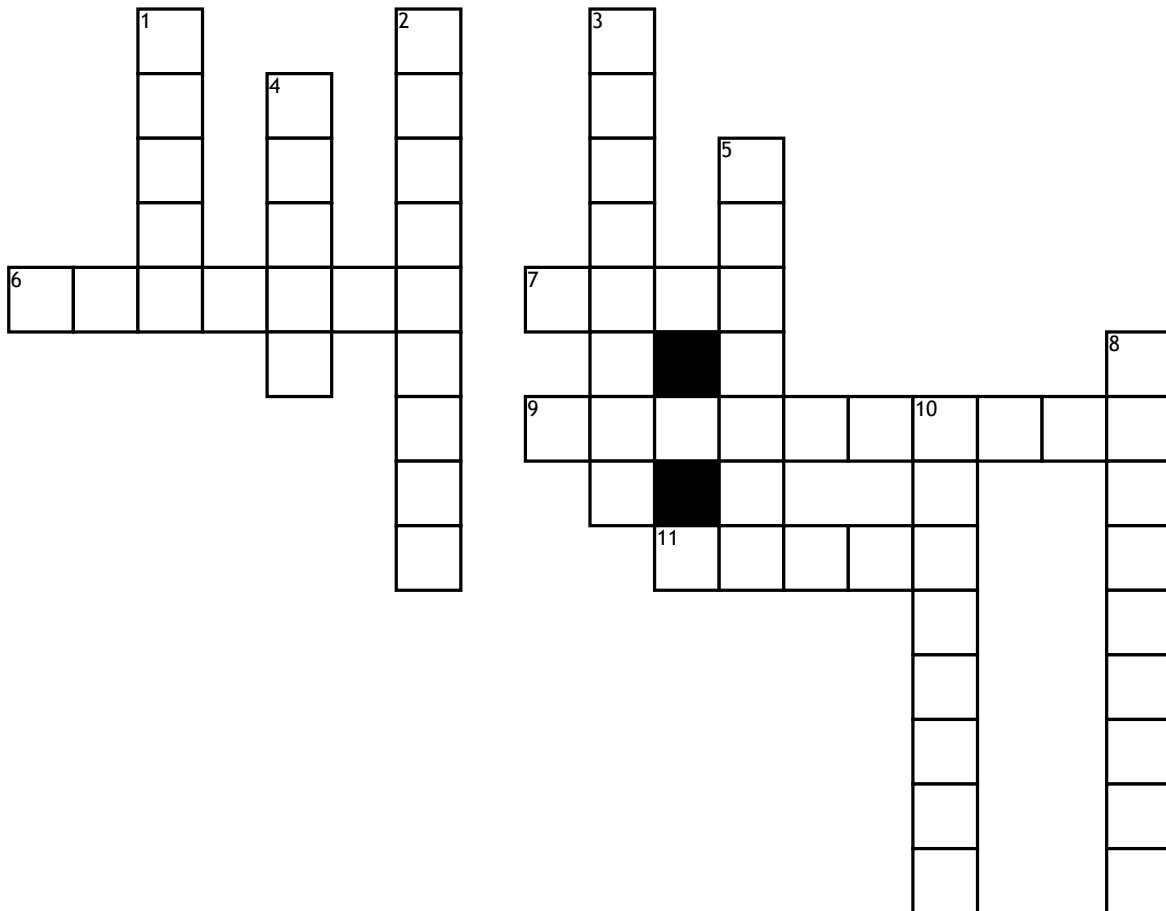


Name: _____

Date: _____

Yoga



Across

6. Posture begins to _____ itself over time.

7. Name of activity

9. To calm down

11. If you're a yoga beginner, _____ yoga, which focuses on basic postures at a comfortable pace, would be great for you.

Down

1. _____ Yoga

2. Deep _____

3. when the core is working properly, posture is _____

4. Yoga has many

5. Mental endurance and physical _____ are tested through holding postures for extended breaths.

8. It _____ endurance, strength, and flexibility

10. Strength _____ and flexibility