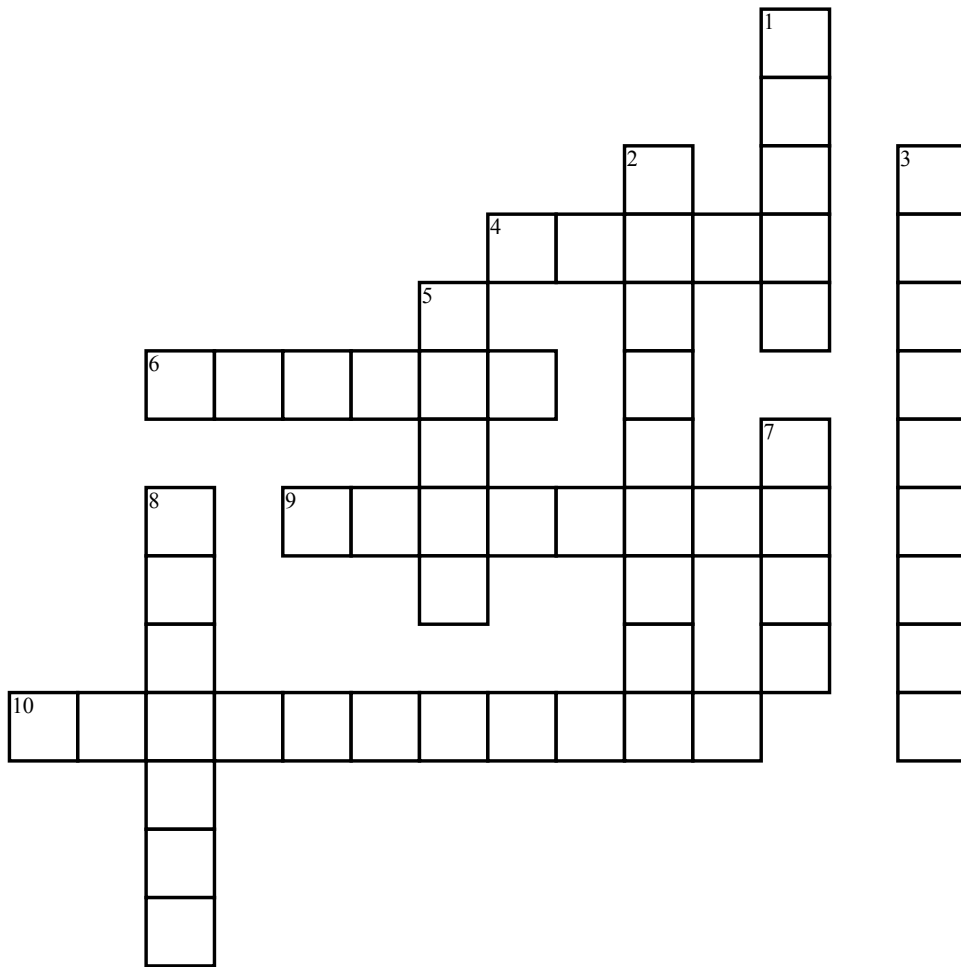


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Yoga



## Across

4. What is freedom from disturbance
6. What is a series of 26 challenging poses performed in a room heated to a high temperature
9. What is a series of poses combined with a special breathing technique
10. What is the quality of state of being conscious or aware of something

## Down

1. What is a faster higher intensity practice that builds muscle
2. What is the state of being happy

3. What is the state of being comfortable healthy or happy
5. What is the form most often associated with yoga it combines a series of basic movements with breathing vinyasa, a series of poses that flow smoothly into one another
7. What is not showing or feeling nervousness anger or other strong emotions
8. What is a type of yoga that uses props like blocks straps and chairs to help move your body into alignment

## Word Bank

ashtanga      hatha      calm      bikram      happiness  
peace      well-being      iyengar      Mindfulness      power