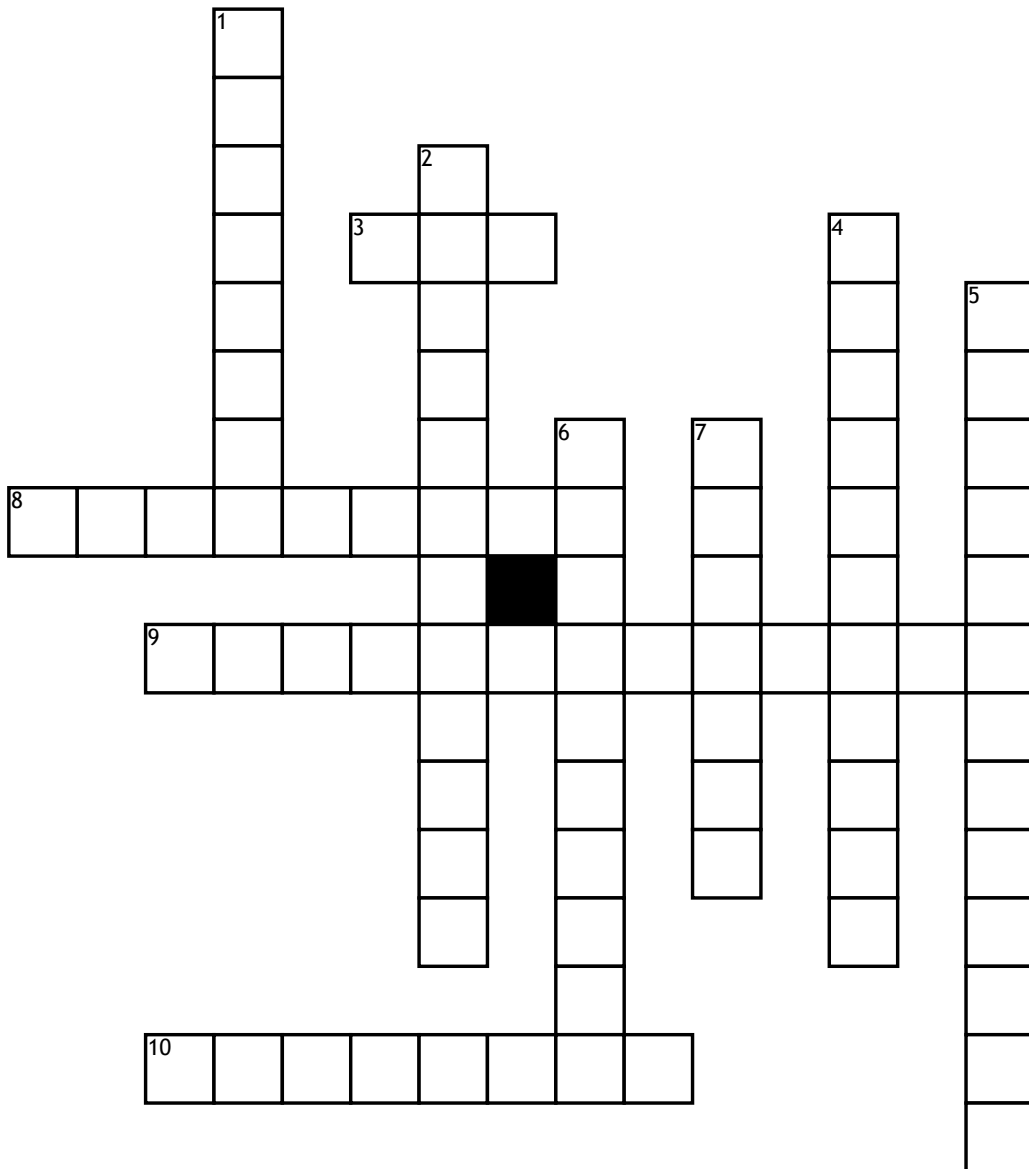


Yoga



Across

3. An important piece of equipment
8. The English meaning for prana
9. A form of relaxation
10. Who is yoga for?

Down

1. A shape made in a standing pose
2. Sanskrit for cat pose
4. You have your own level of this
5. A type of sun salutation
6. An emotionally calm state
7. Something you must always do