

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

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

# Yoga Words

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

mindfulness

affirmation

high plank

meditation

gratitude

down dog

breathe

healing

balance

up dog

peace

yoga