

Name: _____

Date: _____

Yoga

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

Meditation

Mountain

Flower

Boat

Bow

Butterfly

Namaste

Cobra

Lion

Cow

Breathing

Warrior

Chair

Yoga

Cat