

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

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

# Yoga action words

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

contract   lengthen   position   breathe   stretch   exhale  
extend   inhale   kneel   lower   place   press  
raise   stand   twist   arch   jump   lift  
look   move   pull   turn