

Yoga and Wellness

Find and circle the hidden words.

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

Find These Words:

BALANCE
FLEXIBILITY
NAMASTE
STRETCH

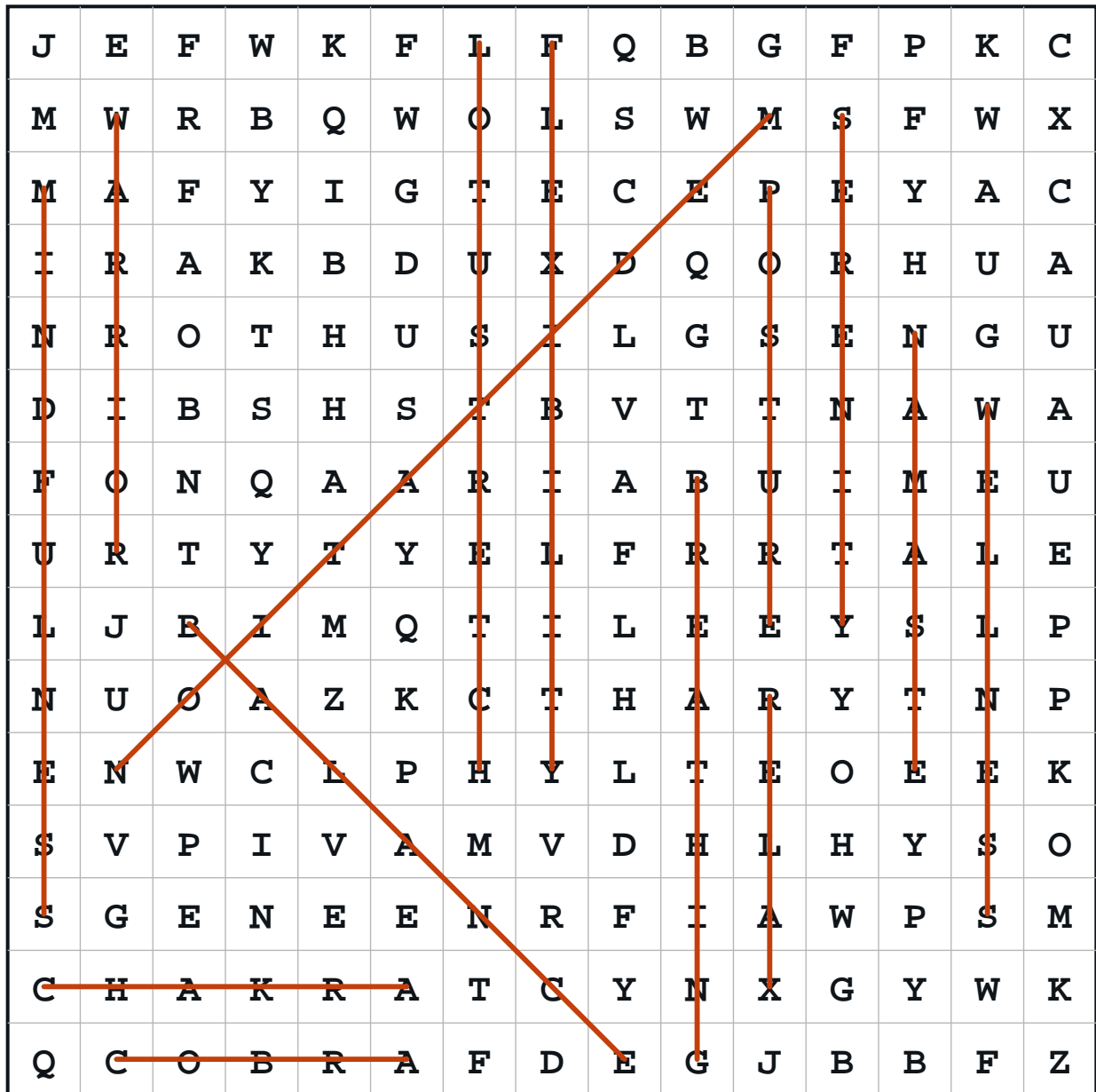
BREATHING
LOTUS
POSTURE
WARRIOR

CHAKRA
MEDITATION
RELAX
WELLNESS

COBRA
MINDFULNESS
SERENITY

Yoga and Wellness — Answer Key

All hidden words are marked below.



' Words Found

BALANCE	BREATHING	CHAKRA	COBRA
FLEXIBILITY	LOTUS	MEDITATION	MINDFULNESS
NAMASTE	POSTURE	RELAX	SERENITY
STRETCH	WARRIOR	WELLNESS	