

# Quiet Yoga Poses

Difficulty: Medium

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

Find these words:

RESTORATIVE

MEDITATIVE

BUTTERFLY

MOUNTAIN

EXTENDED

FORWARD

GENTLE

FLEXIBILITY

RELAXATION

BREATHING

DOWNWARD

STANDING

UPWARD

FROG

MINDFULNESS

STRETCHING

PRANAYAMA

TRIANGLE

WARRIOR

CORPSE