

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

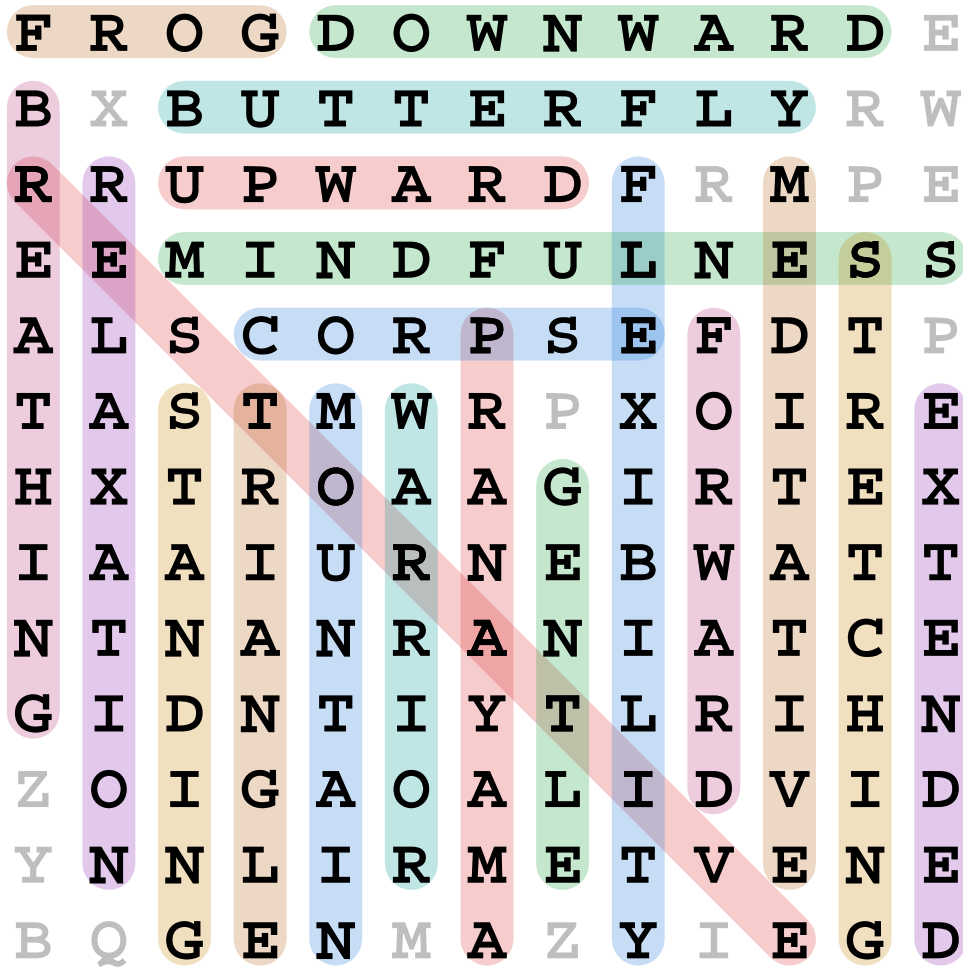
TRIANGLE

WARRIOR

CORPSE

Quiet Yoga Poses - Answer Key

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