

# Zen Yoga Poses And Stretches

Difficulty: Easy

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

Find these words:

RECLINING	DOWNWARD	TRIANGLE	MOUNTAIN
SHOULDER	EXTENDED	STANDING	WARRIOR
FORWARD	GODDESS	INTENSE	BRIDGE
PIGEON	CORPSE	DANCER	LOCUST
SPHINX	SEATED	UPWARD	LOTUS
COBRA	CHILD	EAGLE	TREE
HALF			

# Zen Yoga Poses And Stretches - Answer Key

Difficulty: Easy



Words found:

- |           |          |          |          |
|-----------|----------|----------|----------|
| RECLINING | DOWNWARD | TRIANGLE | MOUNTAIN |
| SHOULDER  | EXTENDED | STANDING | WARRIOR  |
| FORWARD   | GODDESS  | INTENSE  | BRIDGE   |
| PIGEON    | CORPSE   | DANCER   | LOCUST   |
| SPHINX    | SEATED   | UPWARD   | LOTUS    |
| COBRA     | CHILD    | EAGLE    | TREE     |
| HALF      |          |          |          |