

Yoga Breathing Techniques

Difficulty: Medium

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

Find these words:

VISUALIZATION

MEDITATION

BHASTRIKA

KUNDALINI

CHANTING

EXHALE

ASANA

KAPALABHATI

RELAXATION

ALTERNATE

ALIGNMENT

NOSTRIL

VILOM

NADI

MINDFULNESS

PRANAYAMA

DIAPHRAGM

AWARENESS

ANULOM

MUDRA