



Name _____

Yoga Health Benefits Word Search

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



Flexibility
 Mobility
 Strength
 Circulation
 Focus

Immunity
 Calmness
 Vitality
 Balance
 Awareness

Posture
 Healing
 Relaxation
 Endurance
 Stillness