



Name _____

Yoga Flow Word Search

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



Warmup
 Transition
 Hold
 Stretch
 Repeat

Cycle
 Pause
 Twist
 Lift
 Fold

Open
 Close
 Arch
 Sink
 Breathe