|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Meditation

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

   stress       easy       resting       mindfulness       tension       calm       imagine       cool       breathe       relax