Mum Yoga Crossword

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|  |  |  |  |  |  |  |  |  |  |  |  |  | 1U |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 2B |  |  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  I |  |  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  T |  |  H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  I |  |  I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  L |  |  T |  | 3T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 4B |  H |  U |  J |  A |  N |  G |  A |  S |  A |  N |  A |  | 5C |  |  |  | 6B |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  S |  |  T |  |  D |  |  H |  |  |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 7U |  T |  T |  A |  N |  A |  S |  A |  N |  A |  | 8M |  |  D |  |  |  | 9V |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  N |  |  D |  |  S |  |  T |  |  A |  |  D |  |  |  |  I |  |  |  |  |
|  |  |  |  | 10K |  U |  M |  B |  H |  A |  K |  A |  S |  A |  N |  A |  |  U |  |  R |  |  H |  | 11U |  |  R |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  N |  |  R |  |  J |  |  A |  |  T |  |  A |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 12B |  A |  L |  A |  S |  A |  N |  A |  |  U |  |  K |  |  B |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  N |  |  |  |  N |  |  R |  |  T |  |  A |  |  H |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  G |  |  Y |  |  T |  |  T |  |  A |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 13V |  I |  R |  A |  S |  A |  N |  A |  |  A |  |  D |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  D |  |  S |  |  N |  |  S |  |  R |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 14A |  R |  D |  H |  A |  U |  T |  T |  A |  N |  A |  S |  A |  N |  A |  |  A |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  | 15V |  I |  R |  A |  B |  H |  A |  D |  R |  A |  S |  A |  N |  A |  |  A |  |  |  |  |
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|  |  |  |  |  |  | 16U |  R |  D |  V |  H |  A |  M |  U |  K |  H |  A |  S |  V |  A |  N |  A |  S |  A |  N |  A |  |  |  |  |
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| **Across****4.** Cobra Pose**7.** Forward Fold**10.** High Plank**12.** Child's Pose**13.** Hero Pose**14.** Halfway Lift**15.** Warrior 11**16.** Upward Facing Dog **17.** Downward Facing Dog | **Down****1.** Arms Over Head**2.** Cow Pose**3.** Mountain Pose**5.** Low Plank**6.** Ragdoll**8.** Cat Pose**9.** Warrior 1**11.** Seated Chair |