Mum Yoga Crossword

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  | 2  B |  | T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | I |  | T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | T |  | H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | I |  | I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | L |  | T |  | 3  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 4  B | H | U | J | A | N | G | A | S | A | N | A |  | 5  C |  |  |  | 6  B |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | S |  | T |  | D |  | H |  |  |  | A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 7  U | T | T | A | N | A | S | A | N | A |  | 8  M |  | D |  |  |  | 9  V |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | N |  | D |  | S |  | T |  | A |  | D |  |  |  | I |  |  |  |  |
|  |  |  |  | 10  K | U | M | B | H | A | K | A | S | A | N | A |  | U |  | R |  | H |  | 11  U |  | R |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | S |  | N |  | R |  | J |  | A |  | T |  | A |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 12  B | A | L | A | S | A | N | A |  | U |  | K |  | B |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  | A |  |  |  | G |  | Y |  | T |  | T |  | A |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 13  V | I | R | A | S | A | N | A |  | A |  | D |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 14  A | R | D | H | A | U | T | T | A | N | A | S | A | N | A |  | A |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | N |  | N |  | S |  | N |  | S |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 15  V | I | R | A | B | H | A | D | R | A | S | A | N | A |  | A |  |  |  |  |
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|  |  |  |  |  |  | 16  U | R | D | V | H | A | M | U | K | H | A | S | V | A | N | A | S | A | N | A |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 17  A | D | H | O | 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 |