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

Yoga action words

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

   arch       breathe       contract       exhale       extend       inhale       jump       kneel       lengthen       lift       look       lower       move       place       position       press       pull       raise       stand       stretch       turn       twist