

Name: _____

Date: _____

Kids Yoga Find #1

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

Son salutation

Pranayama

Warrior

CatCow

Agape Flow

Tree Pose

Exhale

Eagle

Sukhasana

Vinyasa

Inhale

Asana