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## Ali's Yoga 1 Wordsearch

D DE U X D O W NW A R D D O G P EZ PR N UN EN A N A S A QR P TA A GO Y S A CC Z W Z A A B I OC M L L ON H Z N O Z R N Y W J O FA N P A A NE R A H A OH H O R Z T T S K A EM I D Y G B A Z G H W A A R M R PD U A I V TA C Z E C D A E G O NM M N Y H O L O C MA TS V S I Q A I S A G W HB I T K T O EA S H TA N G A MB R T S EA G O Y E V O L I E E Y Q A H S ER U T S O P E V I T I S OP S E S O PR O I R R A W A B ON M I E S O P N I A TN U OM GR R Z R R E LA X A T I ON N N Y E F H D LX TX A B K S I Y EN G A R FY Y D O B D N A D N I M Y T I N U S

| unity mind and body | positive postures | mountain pose | downward dog |
| :--- | :--- | :--- | :--- |
| warrior pose | i love yoga | bksiyengar | relaxation |
| worm pose | pranayama | cat pose | ashtanga |
| Tadasana | drishti | nameste | rooted |
| mysore | chakra | yogini | mudhra |
| hatha | green | asana | cobra |
| india | yoga | mat |  |

