

Name: _____

BASICS OVER EVERYTHING!

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

BREATHING	TECHNIQUE	WHOLISTIC	CRAWLING	MEDITATE
PRACTICE	RESEARCH	HYDRATE	SITTING	WALKING
TRAVEL	SQUAT	STAND	STUDY	TRAIN
FORM	LIFT	PULL	PUSH	READ
REST				