

Name: _____

Souls Competition

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

Chaturanga
Savasana
chakra
om

pranayama
Drishti
asana

Tadasana
namaste
yoga