

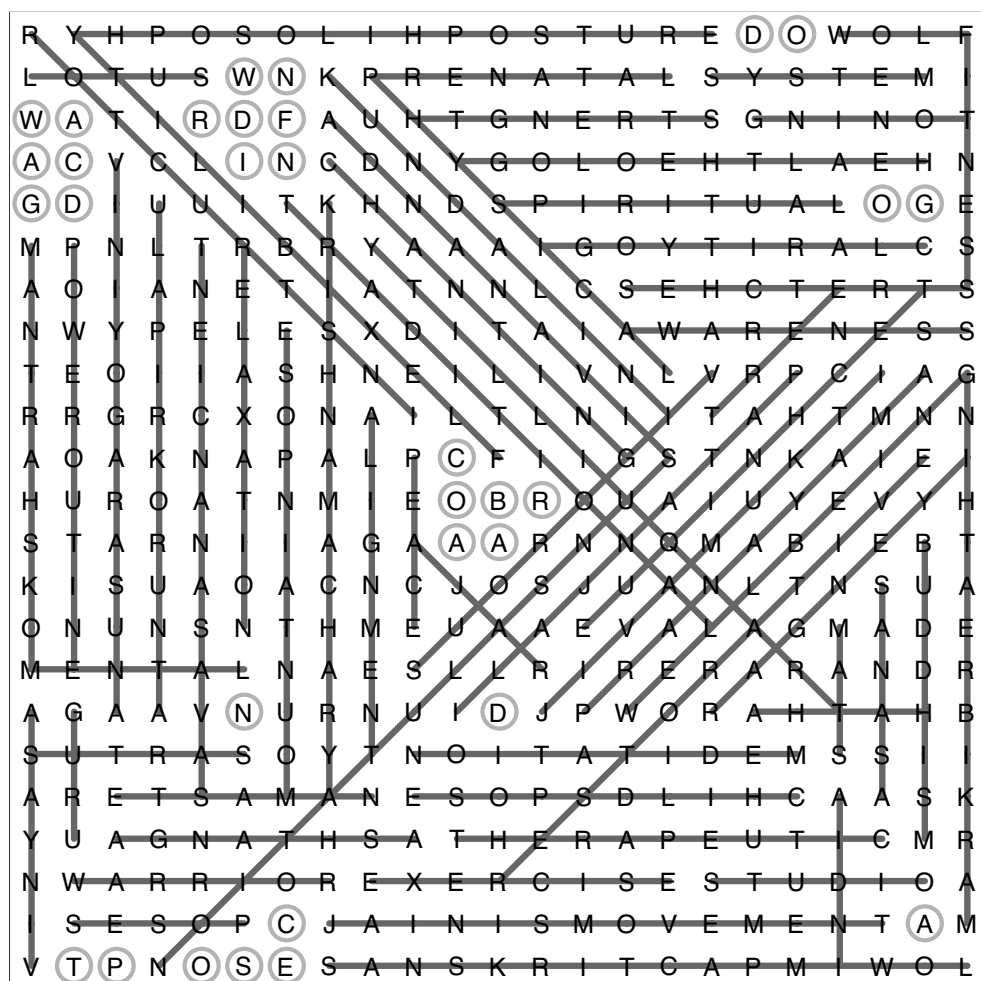
## CHAPTER SEVEN

# THINK AGAIN

*Word finds, crosswords and sudoku puzzles to get you thinking.*

### Monster Find-A-Word: Yoga

Find all the words listed hidden in the grid of letters. The words can be found in straight lines up, down, forwards, backwards or even diagonally. The leftover letters will spell out some common yoga poses.



**SOLUTION: DOWNWARD-FACING DOG, COBRA AND CAT POSE**

- |              |                     |                    |
|--------------|---------------------|--------------------|
| 1. Alignment | 21. Instructor      | 31. Mantra         |
| 2. Ancient   | 22. Iyengar         | 32. Mats           |
| 3. Anusara   | 23. Jainism         | 33. Meditation     |
| 4. Asanas    | 24. Jivamukti       | 34. Mental         |
| 5. Ashtanga  | 25. Korunta         | 35. Moksha         |
| 6. Awareness | 26. Kripalu         | 36. Mountain pose  |
| 7. Bikram    | 27. Krishnamacharya | 37. Movement       |
| 8. Breathing | 28. Kundalini       | 38. Namaste        |
| 9. Buddhism  | 29. Lotus           | 39. Patanjali      |
| 10. Chanting | 30. Low-impact      | 40. Peace          |
|              |                     | 41. Philosophy     |
|              |                     | 42. Physical       |
|              |                     | 43. Poses          |
|              |                     | 44. Posture        |
|              |                     | 45. Power          |
|              |                     | 46. Pranayama      |
|              |                     | 47. Prenatal       |
|              |                     | 48. Raja           |
|              |                     | 49. Relaxation     |
|              |                     | 50. Restorative    |
|              |                     | 51. Routine        |
|              |                     | 52. Sanskrit       |
|              |                     | 53. Savasana       |
|              |                     | 54. Sivananda      |
|              |                     | 55. Spiritual      |
|              |                     | 56. Strength       |
|              |                     | 57. Stretches      |
|              |                     | 58. Studio         |
|              |                     | 59. Sun salutation |
|              |                     | 60. Sutras         |
|              |                     | 61. System         |
|              |                     | 62. Technique      |
|              |                     | 63. Theology       |
|              |                     | 64. Therapeutic    |
|              |                     | 65. Toning         |
|              |                     | 66. Traditional    |
|              |                     | 67. Tranquillity   |
|              |                     | 68. Tree           |
|              |                     | 69. Vigorous       |
|              |                     | 70. Viniyoga       |
|              |                     | 71. Vinyasa        |
|              |                     | 72. Warrior        |
|              |                     | 73. Wellbeing      |
|              |                     | 74. Yogi           |