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Mindfulness Puzzle

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

Relaxing Word Search Puzzle

AWARENESS
BREATHE
CENTER
ENERGY
FOCUS
MEDITATE
QUIET
SERENITY

BALANCE
CALM
CLARITY
FLOW
LIGHT
PEACE
REST
ZEN