

Mindfulness Word Search

Puzzle 8

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

CONCENTRATION

EQUABLE

KINDNESS

MINDFUL

PEACEFUL

REFUGE

SENSATION

SLOWNESS

COZY

INTROSPECT

MERCY

OBSERVATION

REAL

RELAX

SENSORY

VITALITY

Mindfulness Word Search

Puzzle-Solution 8

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

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