

# Mindfulness Word Search

## Puzzle 215

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

**BALANCE  
BREATH  
COMPOSURE  
FLOW  
NURTURE  
RESTFUL  
SERENE  
SOFTNESS**

**BODY  
CALM  
EASE  
INTEGRITY  
PAUSE  
SENSATION  
SINCERE  
TRUTHFUL**

# Mindfulness Word Search

## Puzzle-Solution 215

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

**BALANCE**  
**BREATH**  
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