

Mindfulness Word Search

Puzzle 290

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

**AWARENESS
EMPATHY
GENTLE
KNOWLEDGE
PAUSE
REAL
REST
SERENITY**

**BREATH
FLOW
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OBSERVE
PRESENCE
RELAX
SERENE
SUPPORT**

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Puzzle-Solution 290

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

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