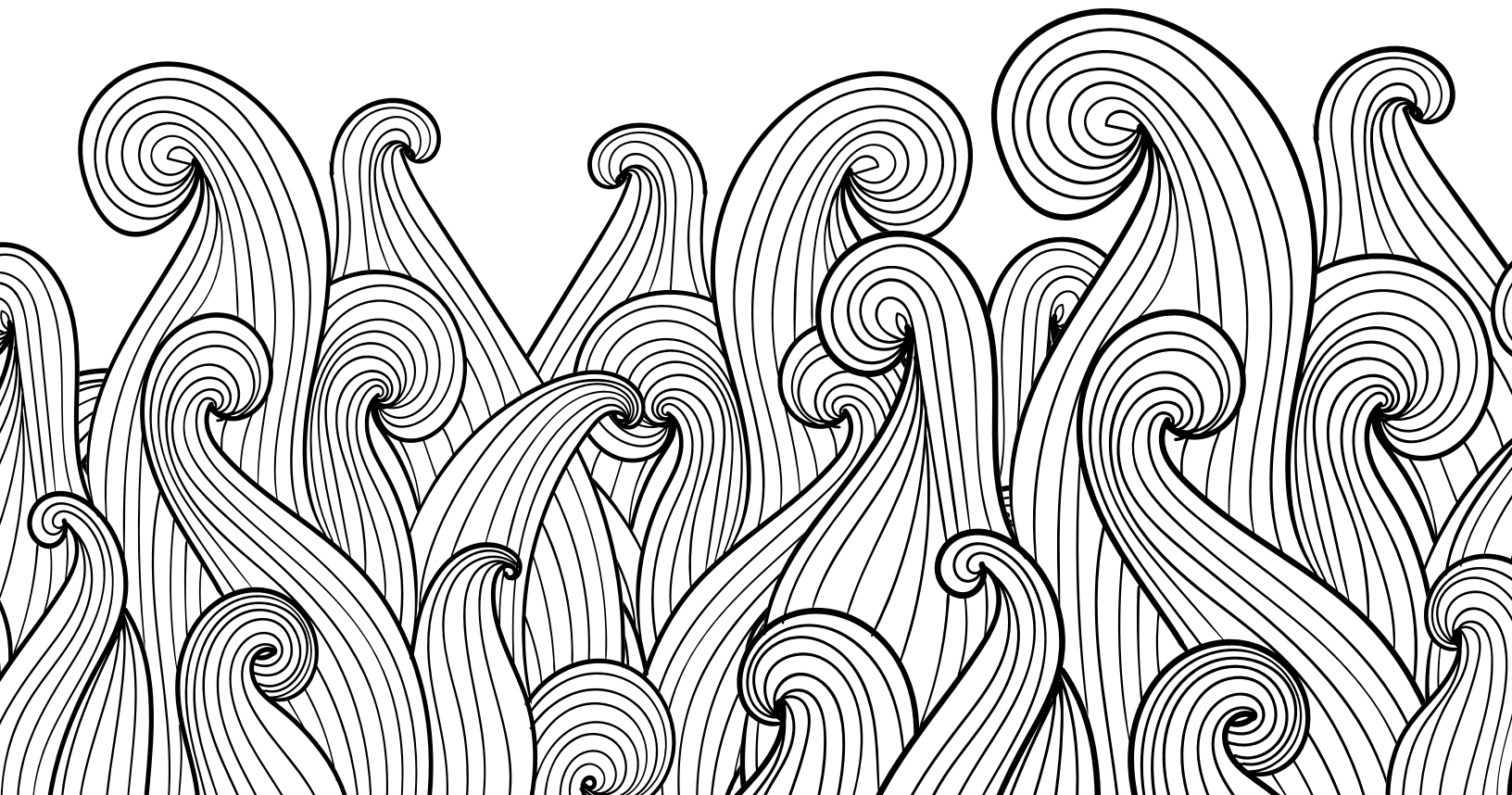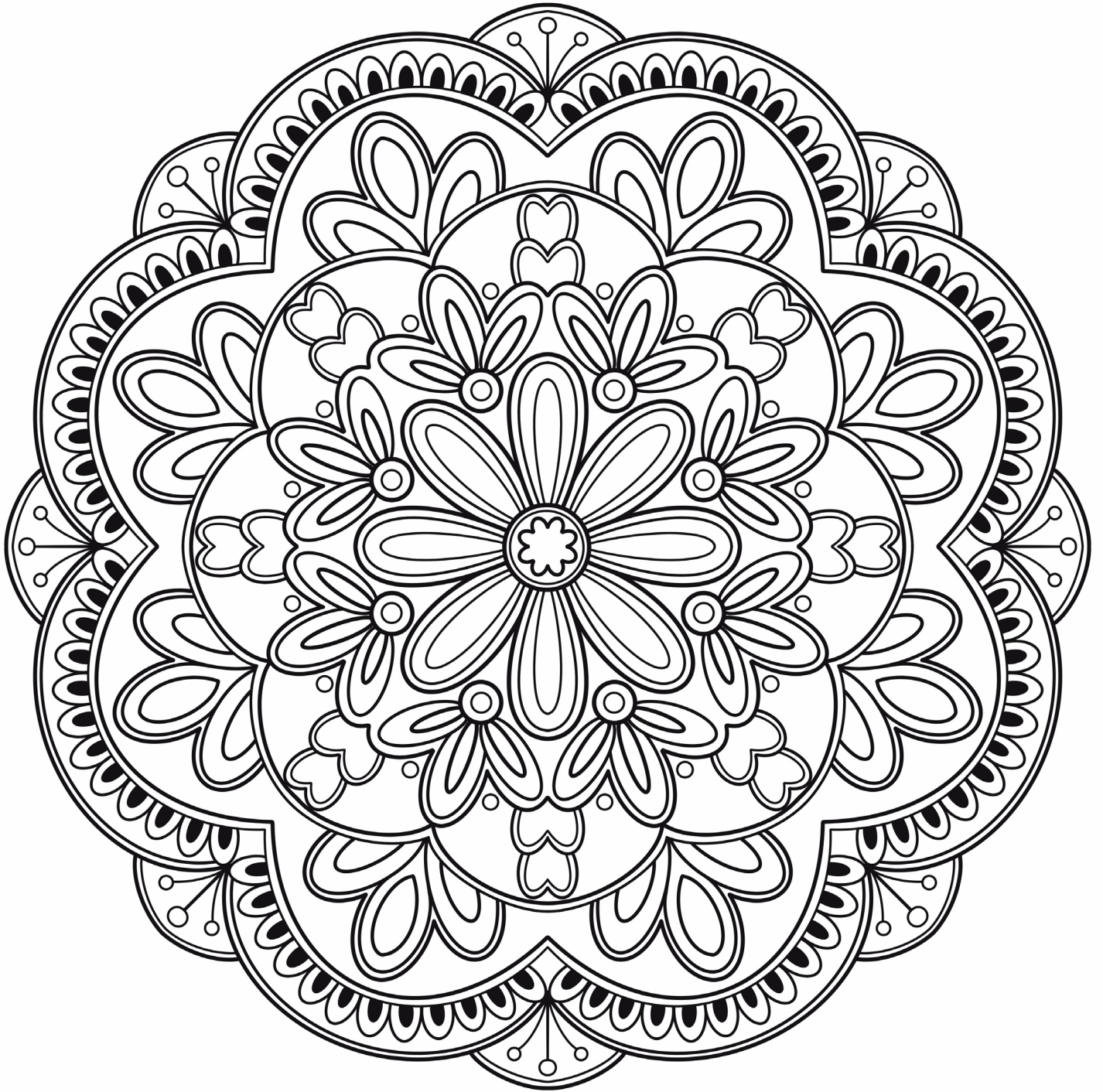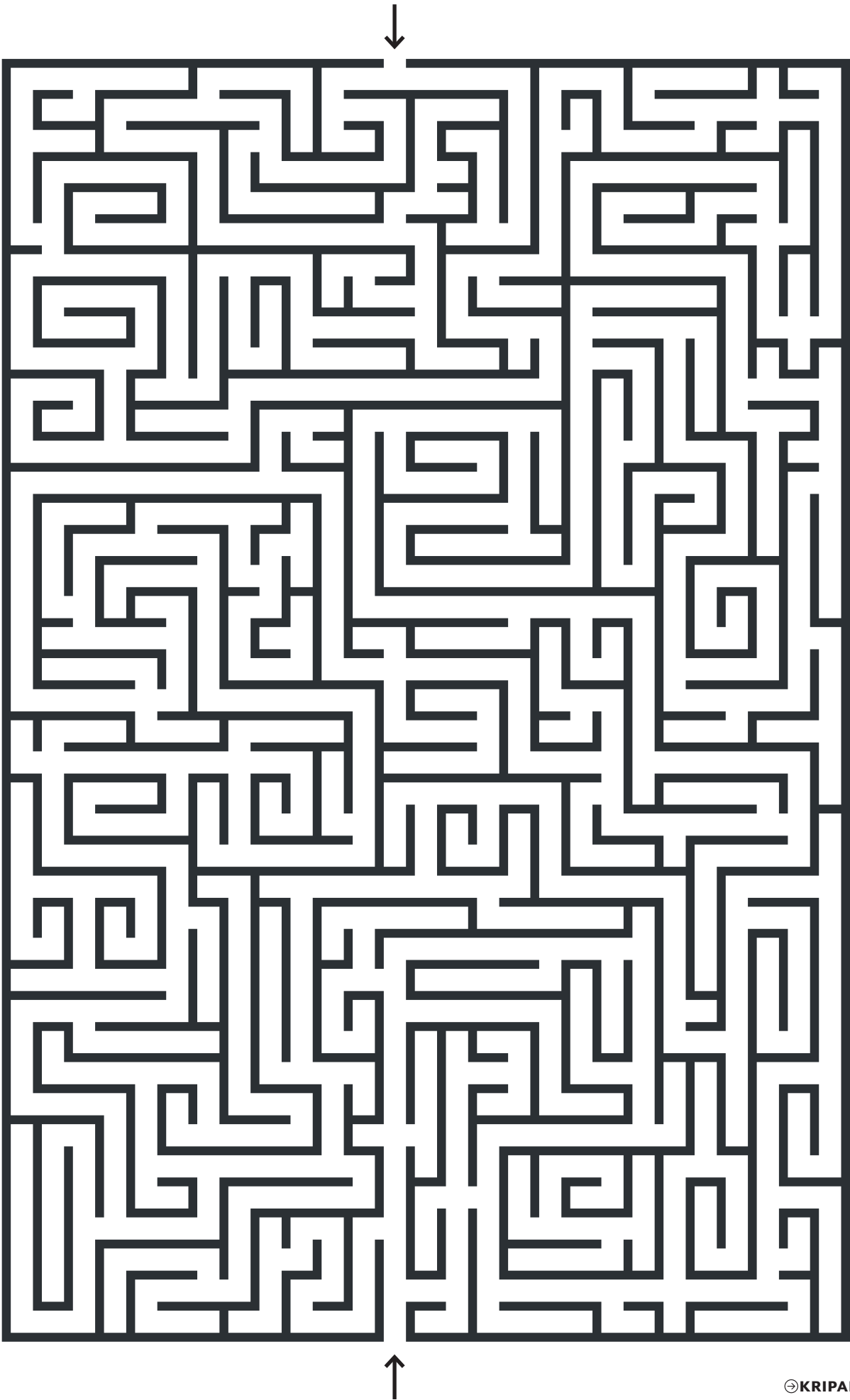# Kripalu®

ACTIVITY BOOK
FOR ALL AGES

KRIPALU WORD SEARCH

Locate the given words in the grid, running in one of eight possible directions —
horizontally, vertically, or diagonally.

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

vulnerabilities   togetherness   observation

pranayama   existence   fullness
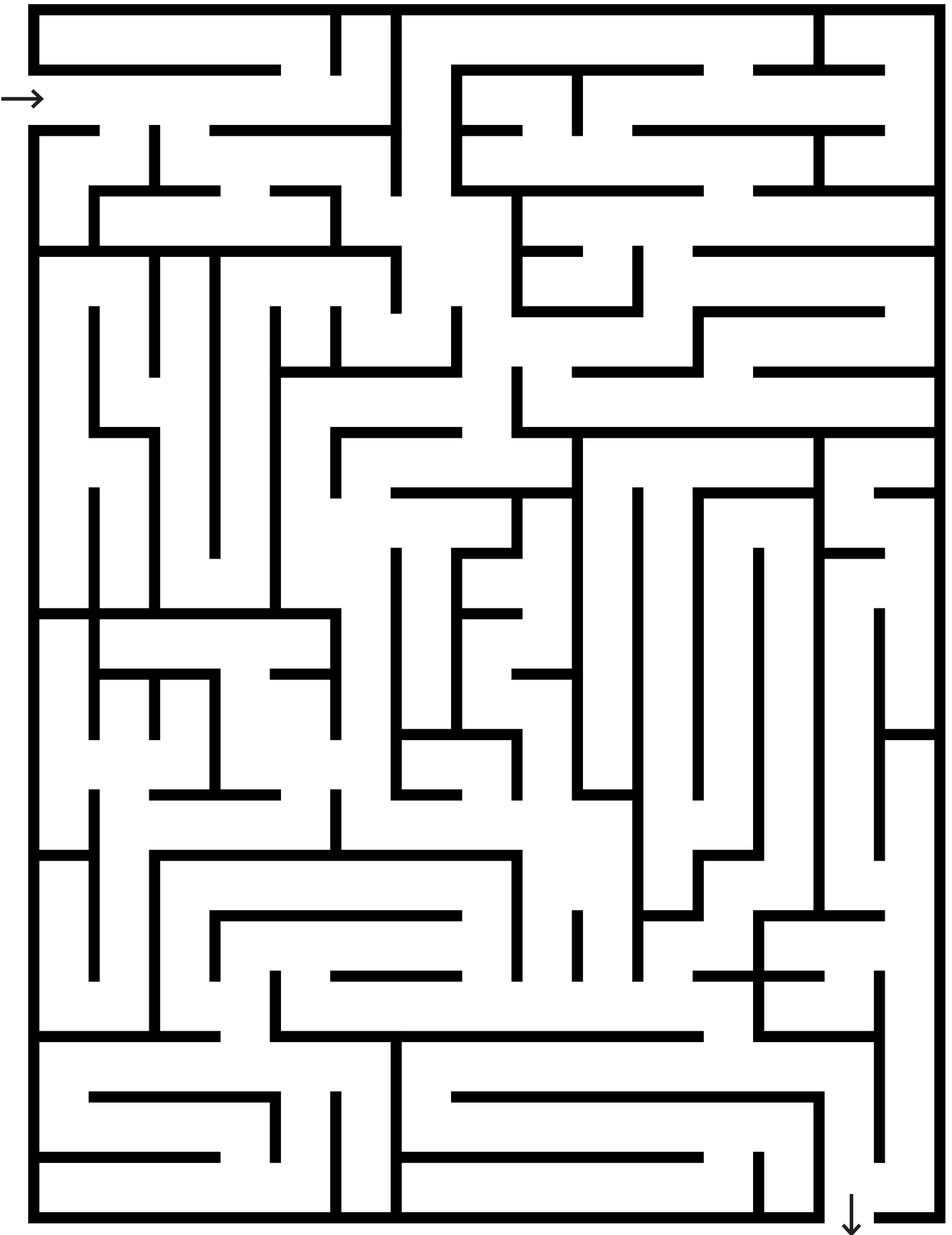
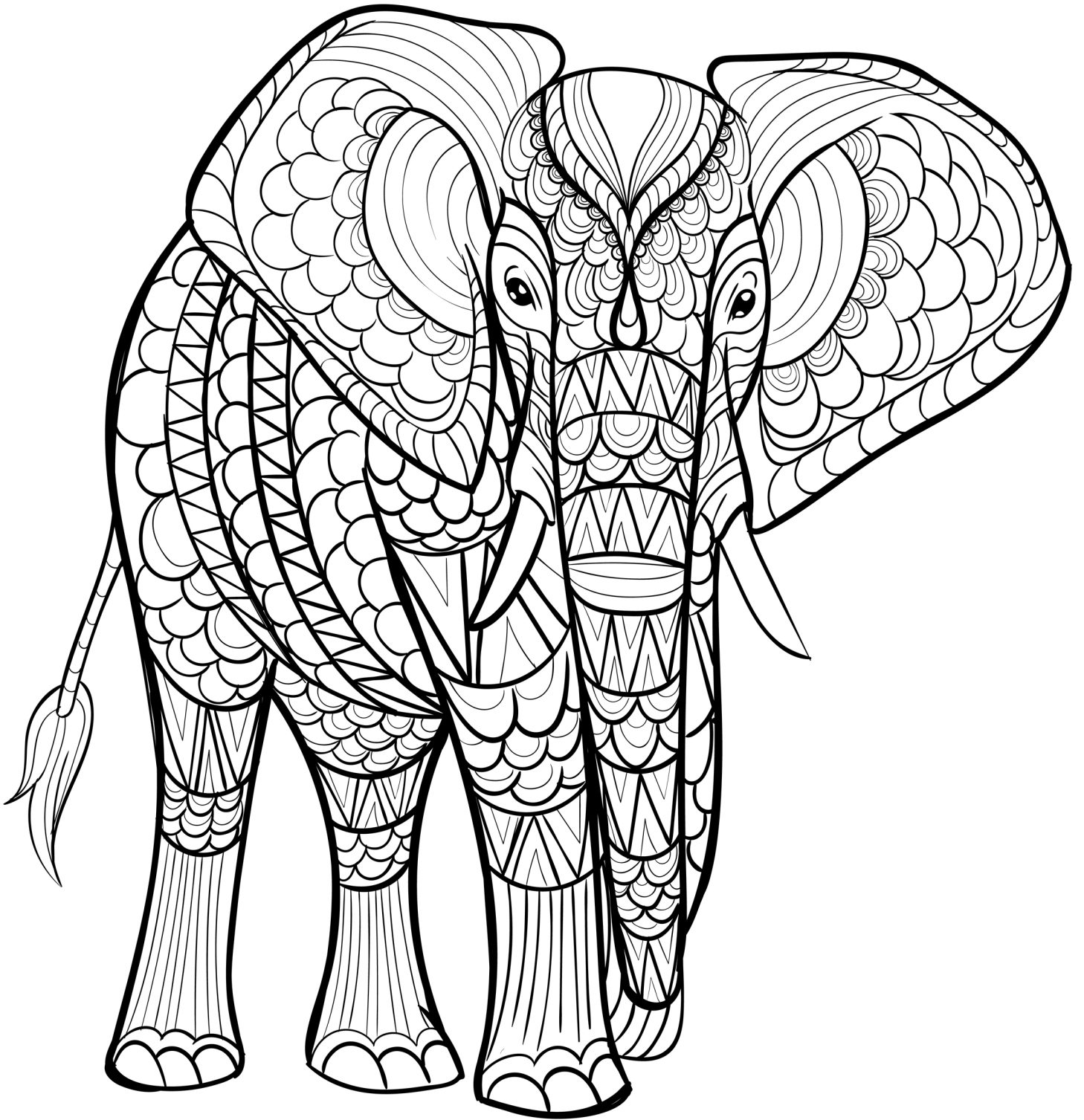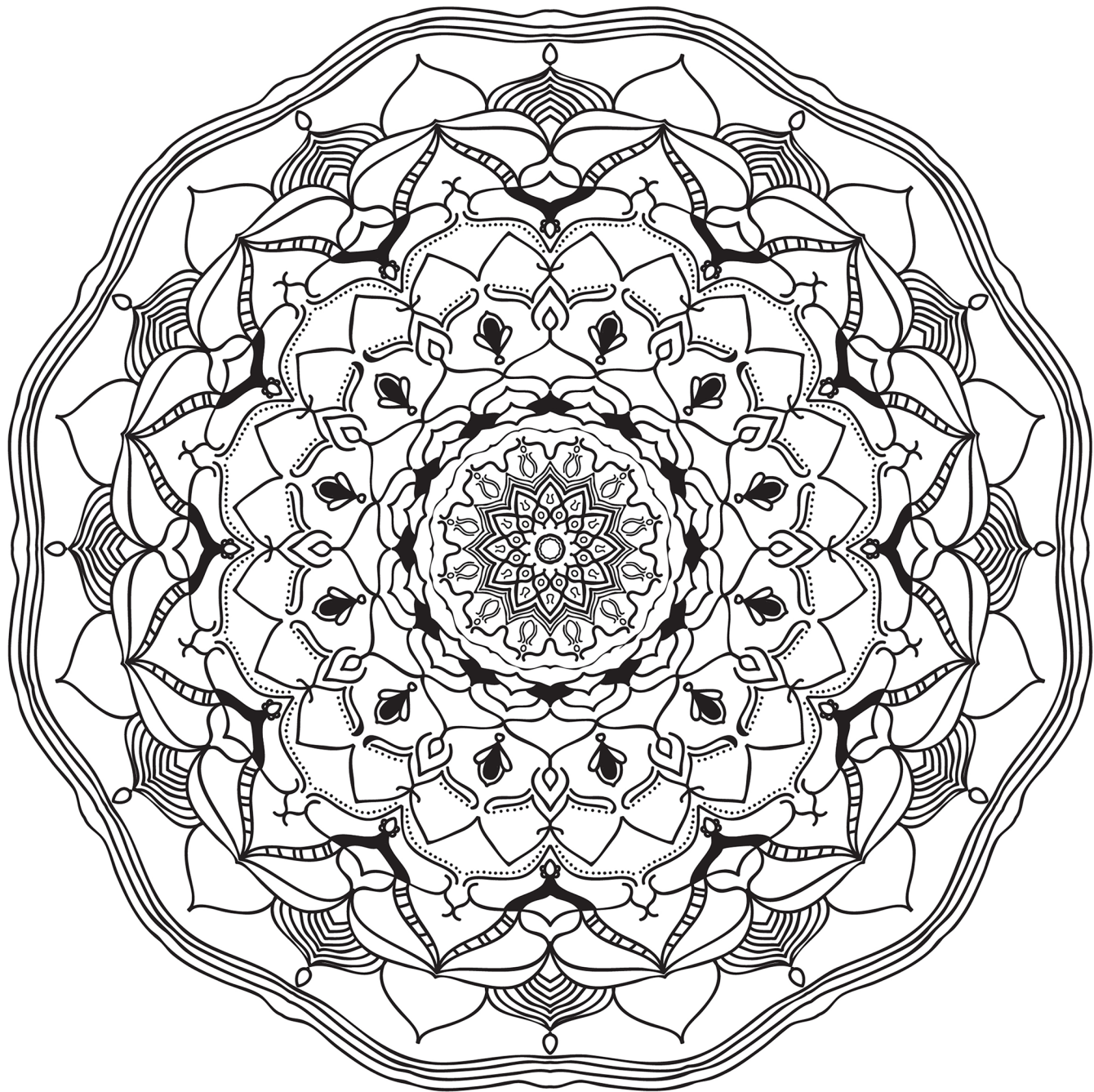anamaya   wisdom   coziness

essence

KRIPALU SUDOKU

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

2		5			9			4
						3		7
7			8	5	6		1	
4	5		7					
		9				1		
					2		8	5
	2		4	1	8			6
6		8						
1			2			7		8

KRIPALU WORD SEARCH

Locate the given words in the grid, running in one of eight possible directions —
horizontally, vertically, or diagonally.

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

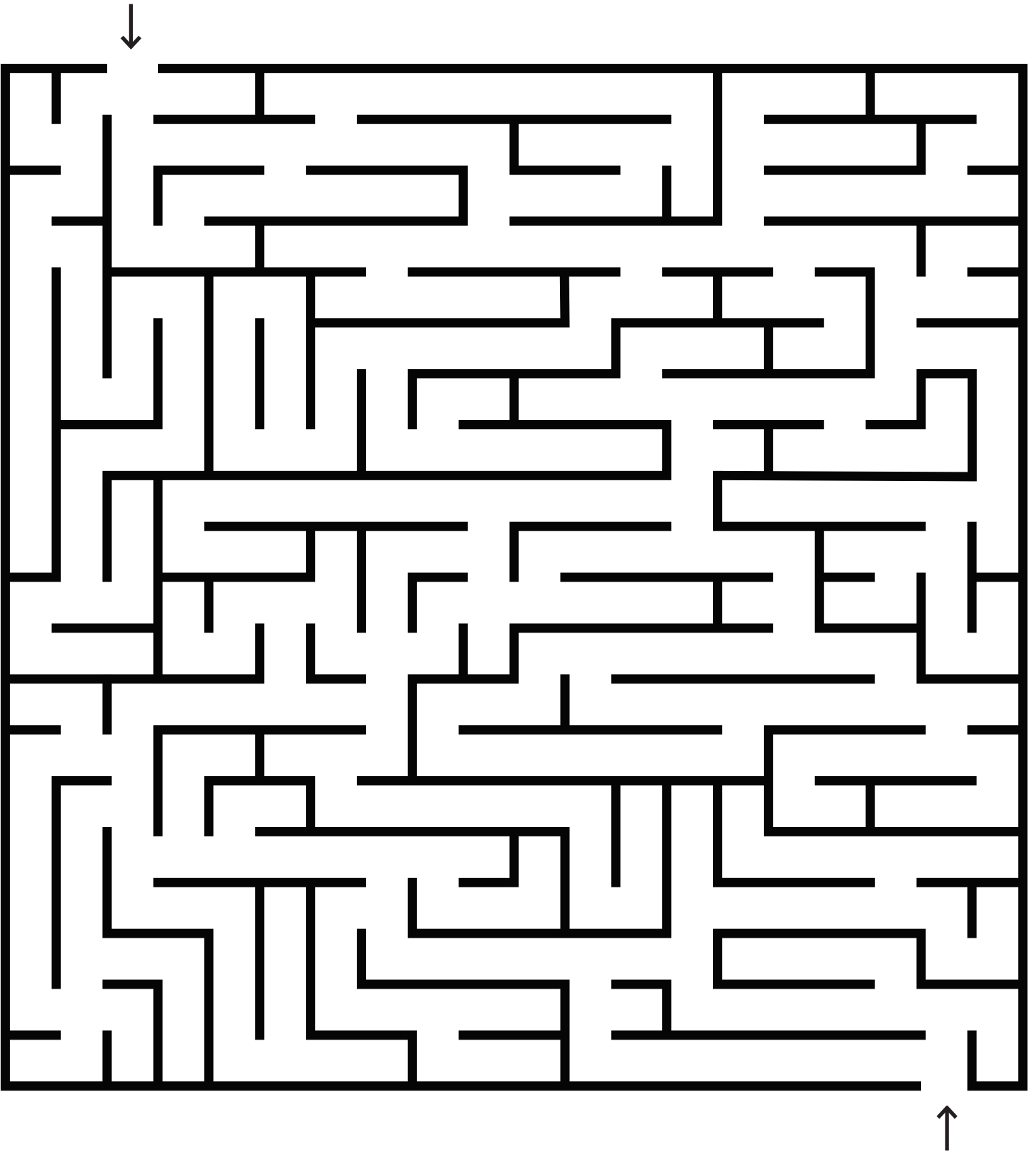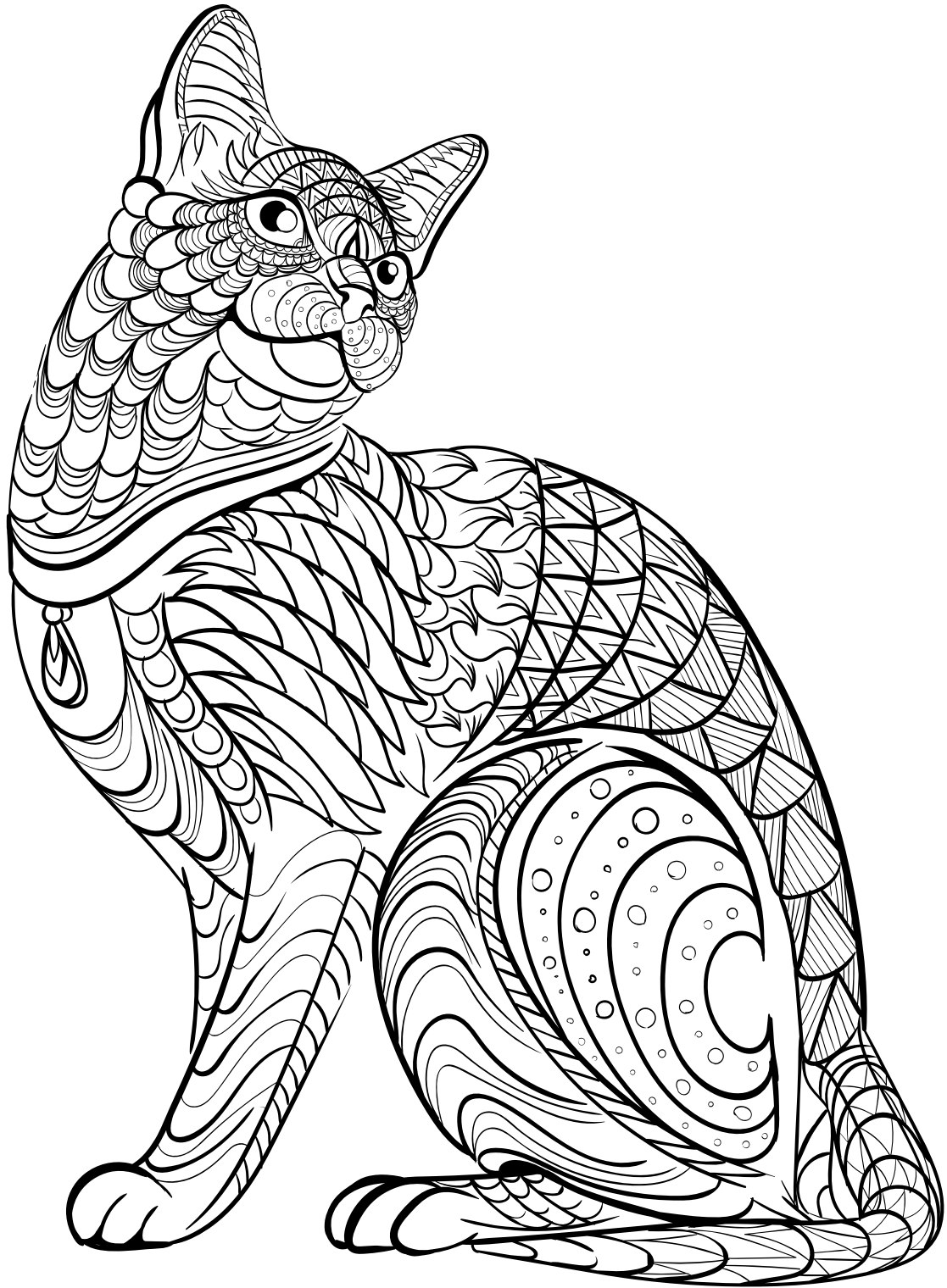|		
flexibility	persistence	strengthen
philosophy	obstacles	sanskrit
mindful	nourish	stress
koshas		

KRIPALU SUDOKU

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

		6		9		2		
			7		2			
	9		5		8		7	
9				3				6
7	5						1	9
1				4				5
	1		3		9		8	
			2		1			
		9		8		1		

Be the REASON Someone SMILES Today

KRIPALU WORD SEARCH

Locate the given words in the grid, running in one of eight possible directions —
horizontally, vertically, or diagonally.

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

transformation	resilience	stillness
connected	recenter	ayurveda
renewal	mantras	healing
awaken	vision	unplug

KRIPALU SUDOKU

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

			8					
7	8	9		1				6
					6	1		
		7					5	
5		8	7		9	3		4
	4					2		
		3	2					
8				7		4	3	9
					1			