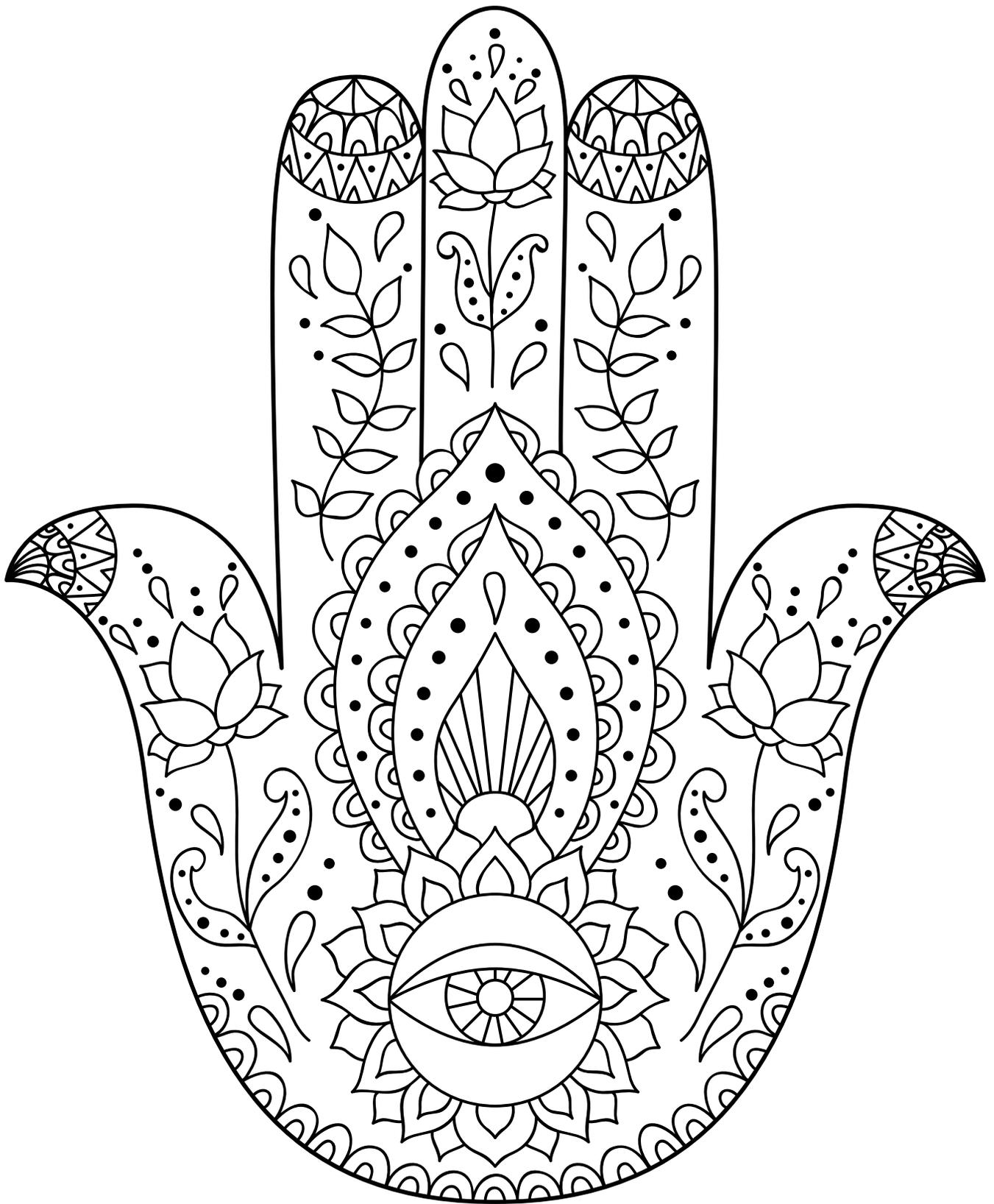




# Kripalu<sup>®</sup>

ACTIVITY BOOK  
FOR ALL AGES

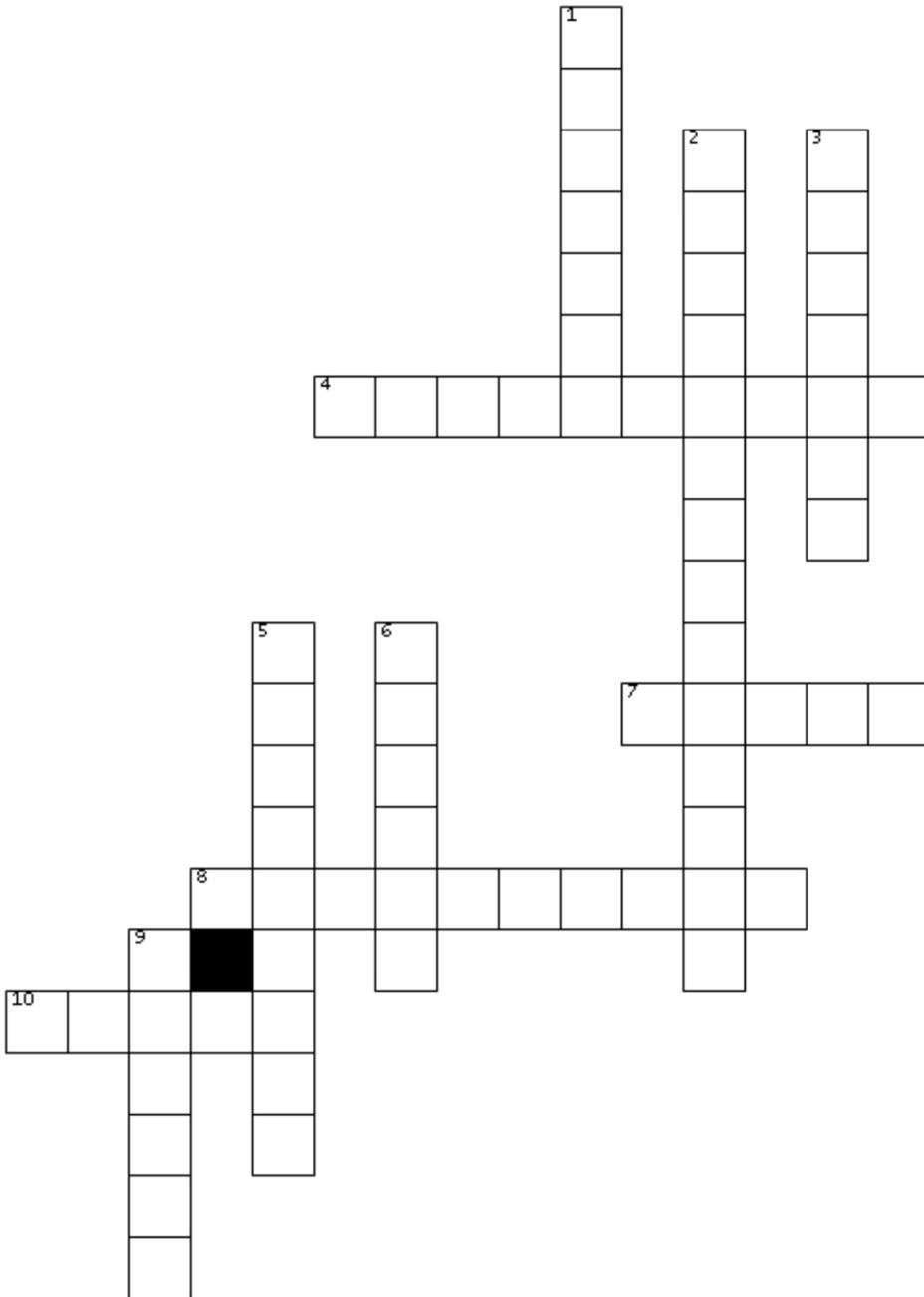






# KRIPALU CROSSWORD PUZZLE

Use the clues to fill in the words above. Words can go across or down. Letters are shared when the words intersect.

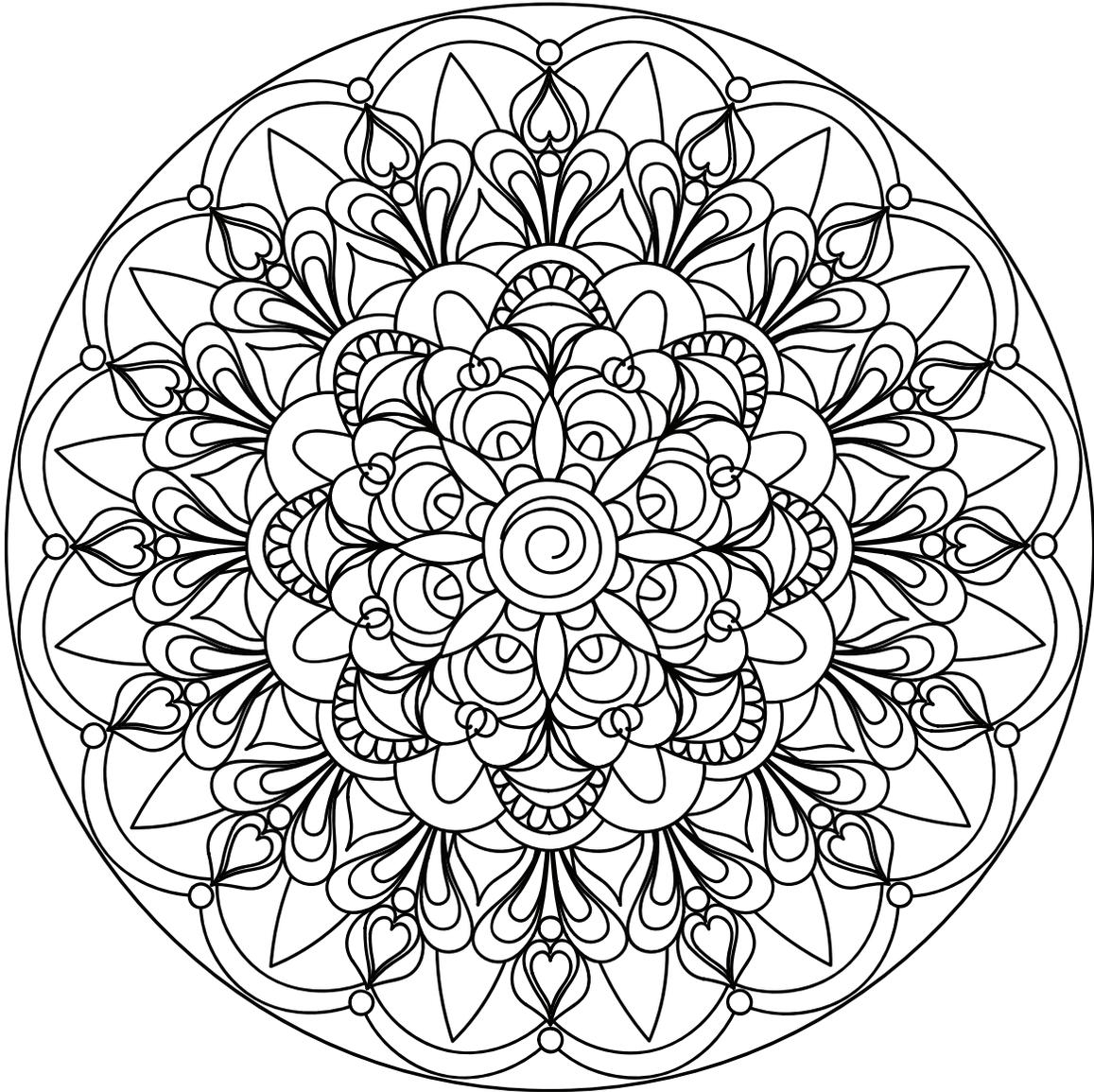


## ACROSS

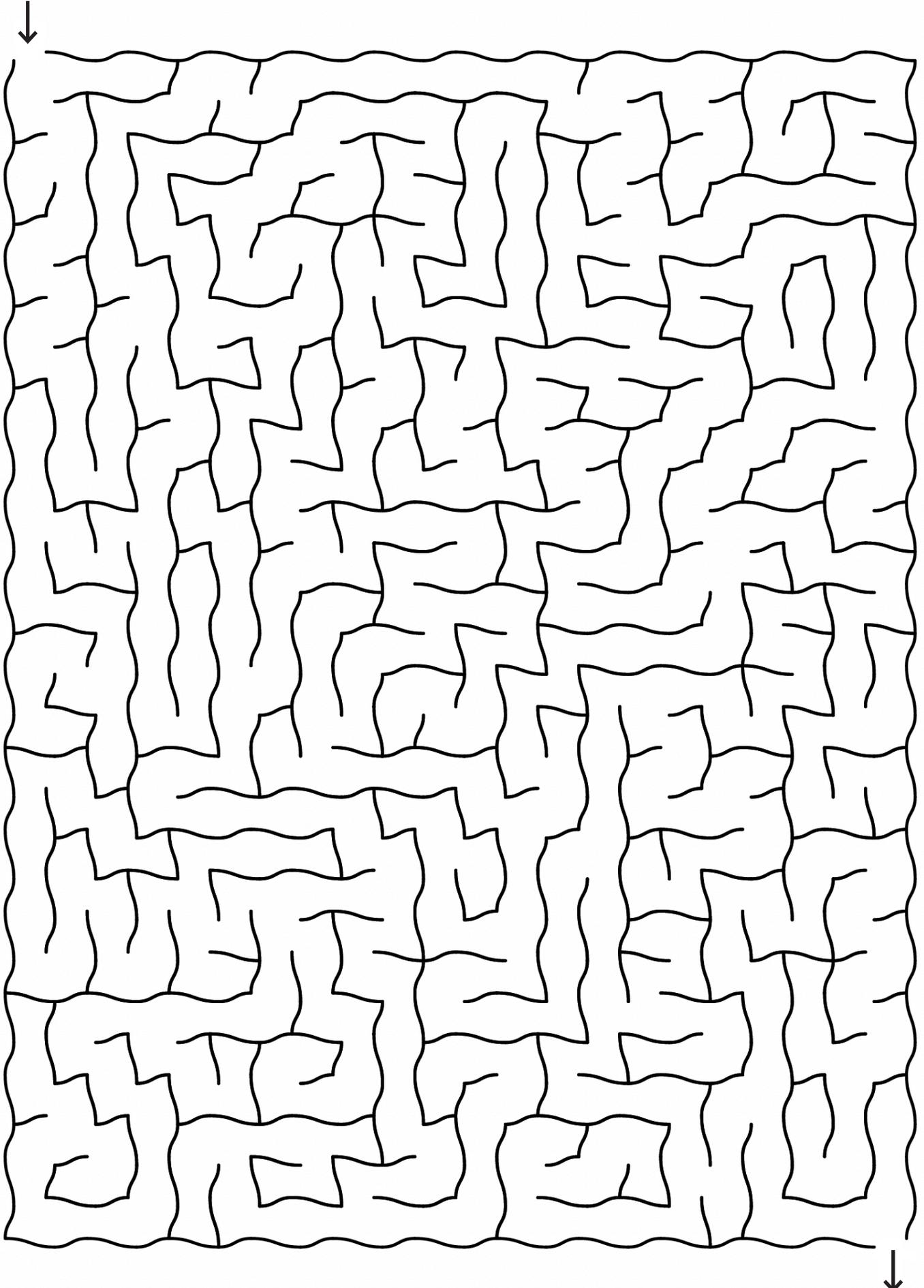
- 4. The capacity to guide the actions of a person or group
- 7. To perform a series of usually rhythmic bodily movements to music
- 8. The fact or state of having something in common
- 10. To come to a temporary halt in one's activity

## DOWN

- 1. To inhale and exhale air
- 2. A change in form, appearance, or use
- 3. A feeling of strong or constant regard for and dedication to someone or something
- 5. The act or process of sighting or learning the existence of something for the first time
- 6. One of the four temperate seasons
- 9. A distinct entity formed by the combining of two or more different things





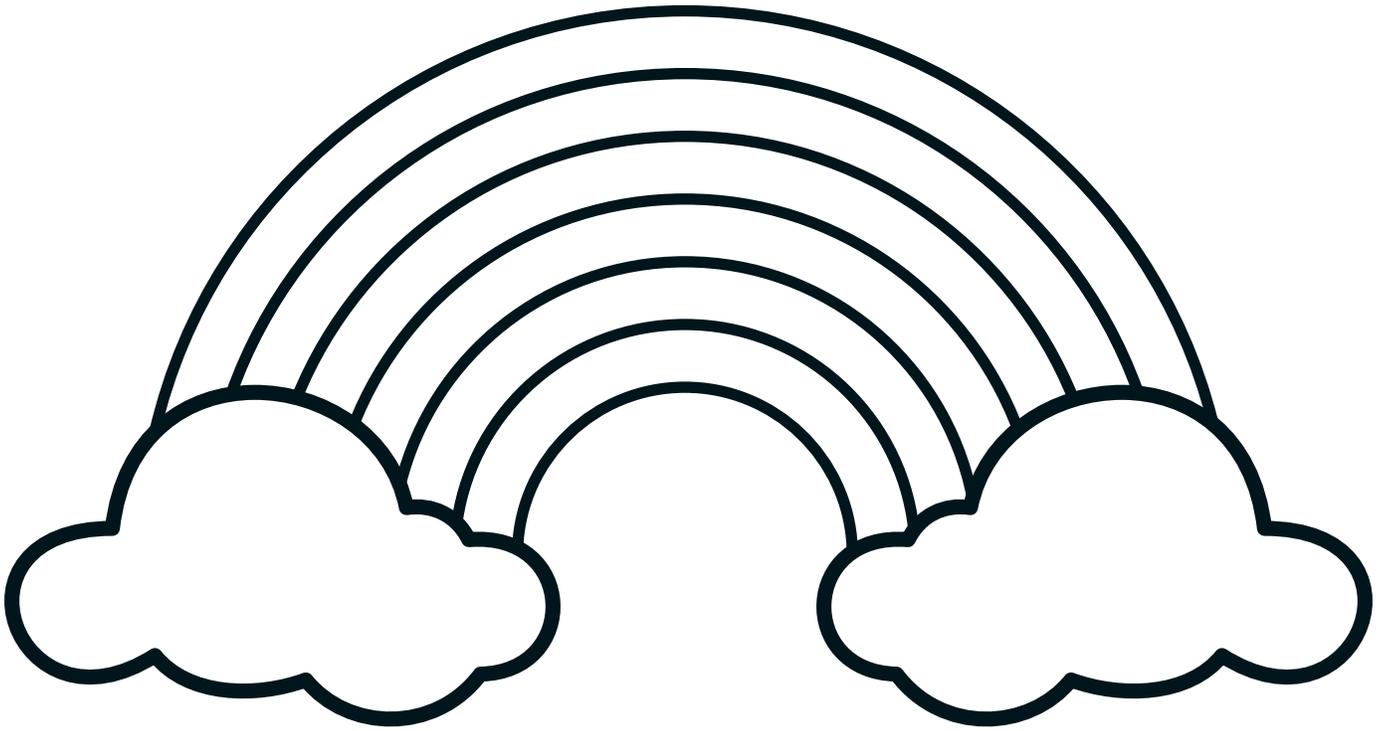




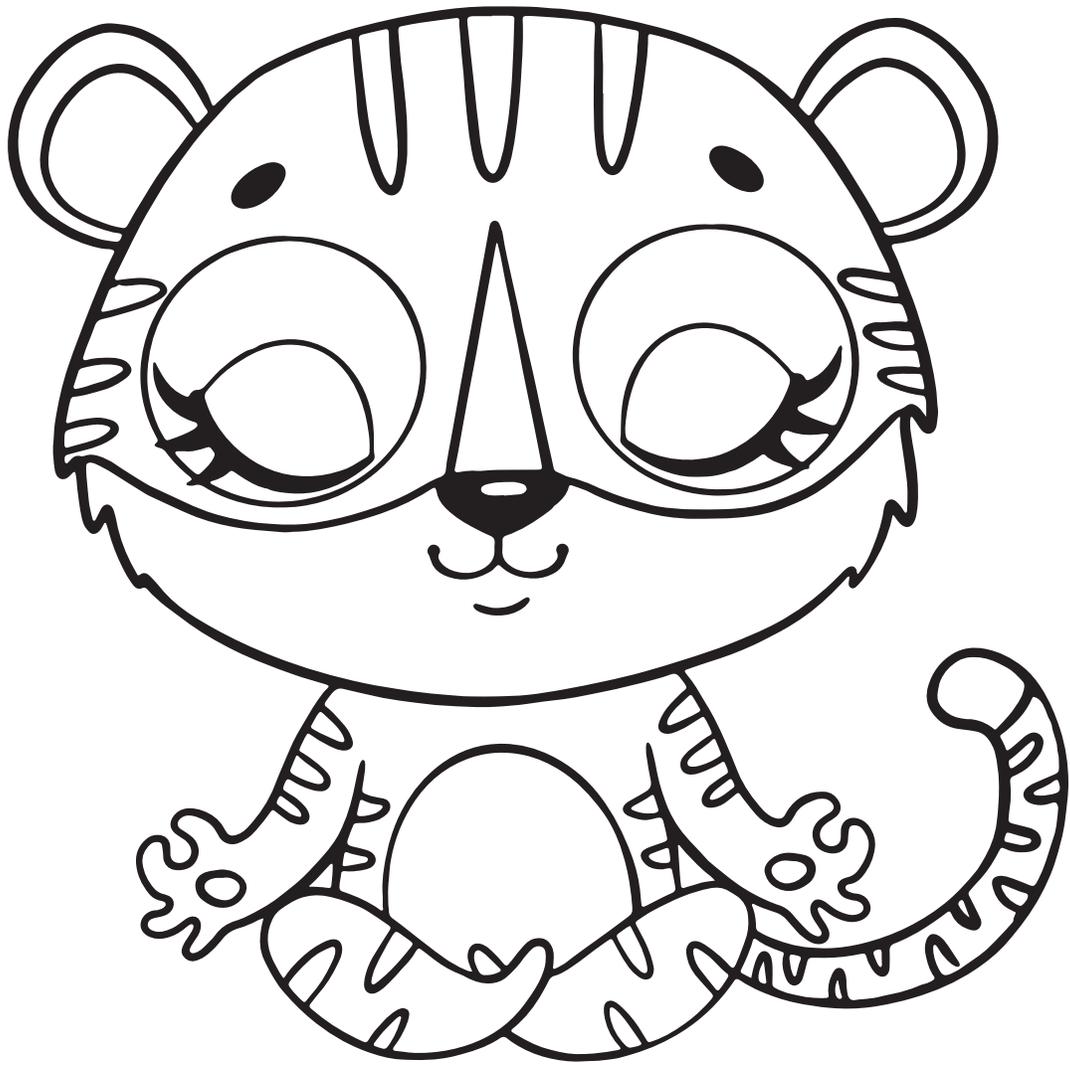
# KRIPALU SODOKU

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.

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









# KRIPALU WORD SEARCH

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

```

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

```

## WORD LIST

MEDITATION

SUTRA

HEALTH

SUMMER

WINTER

RETREAT

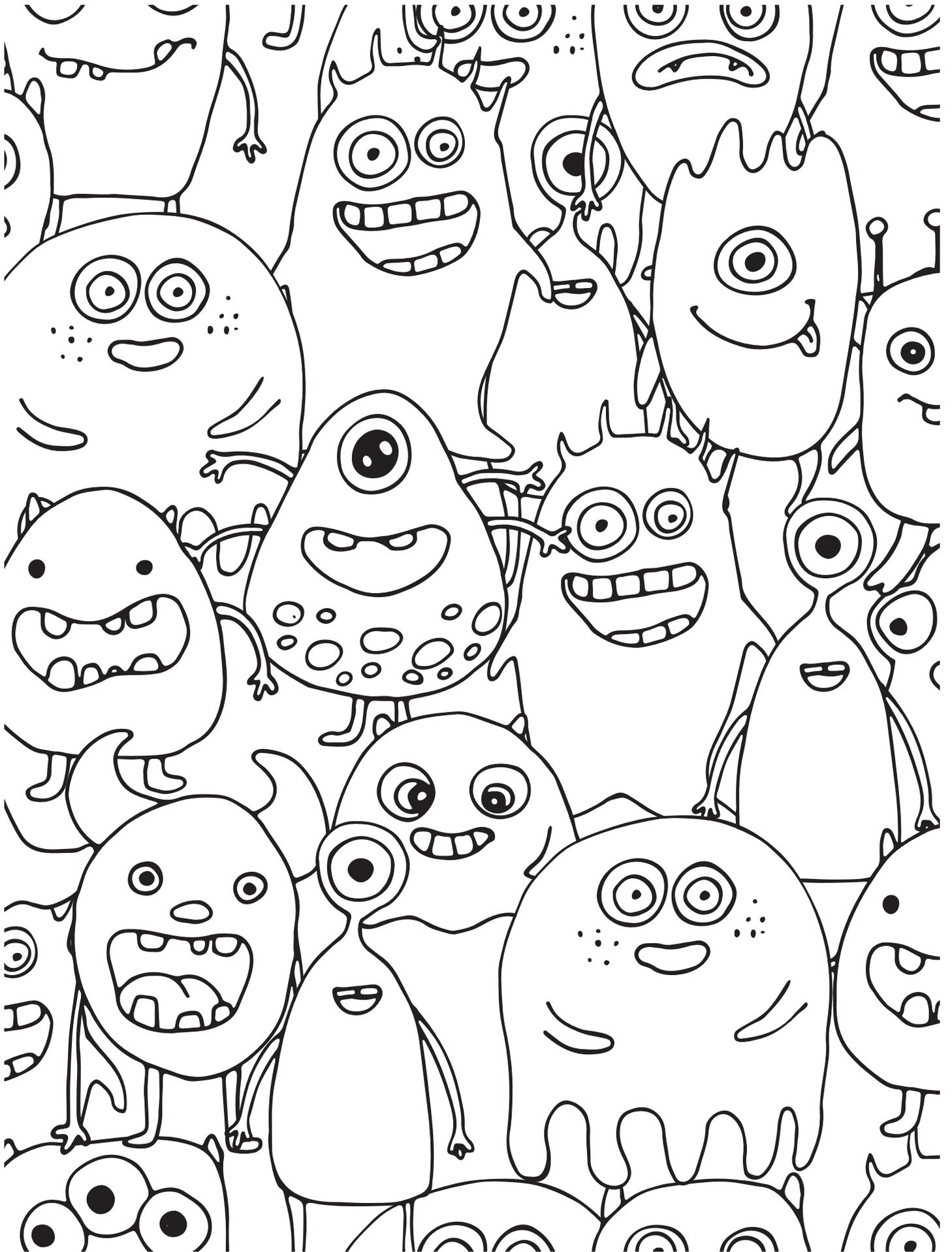
INTEGRITY

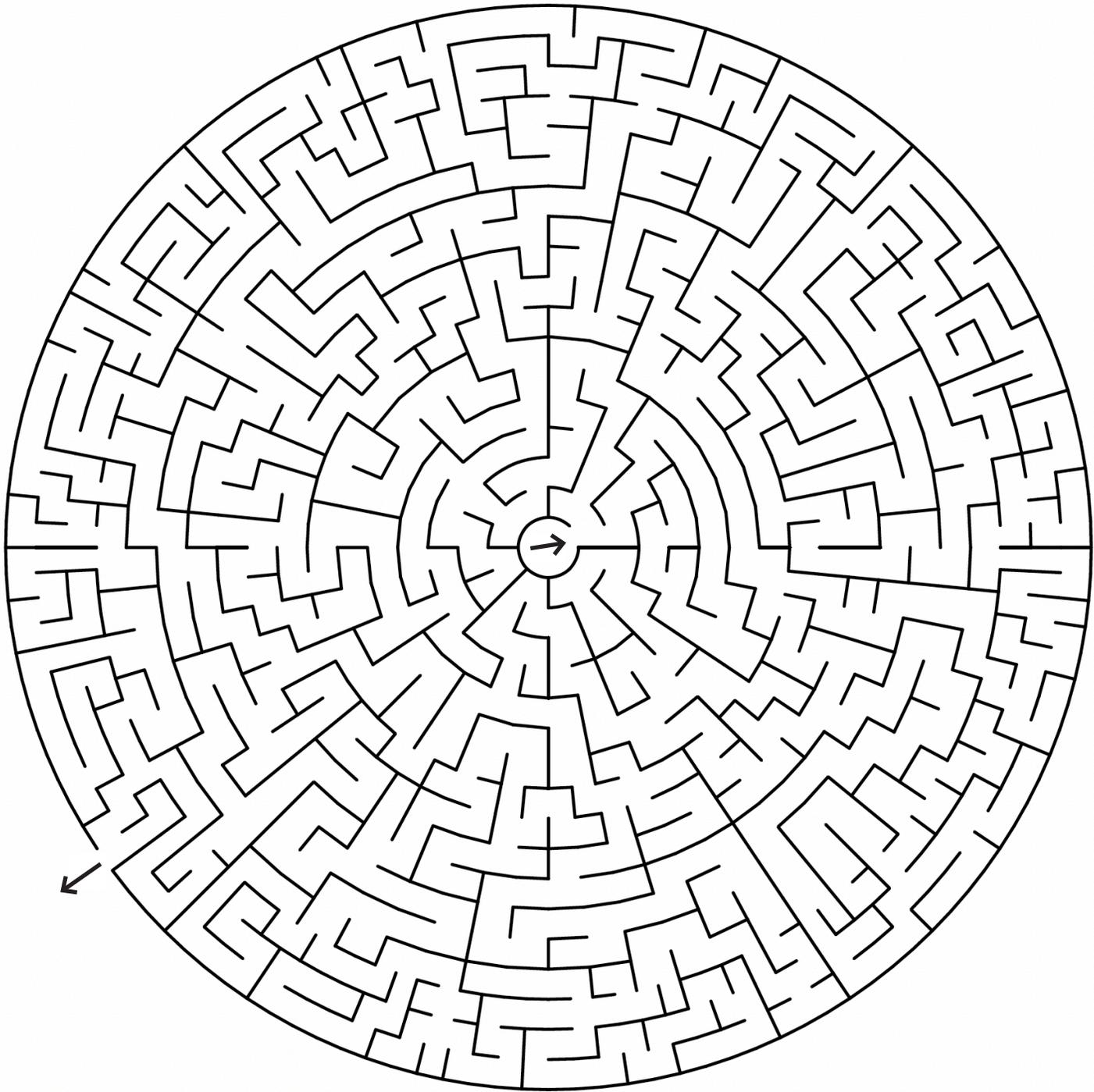
AYURVEDA

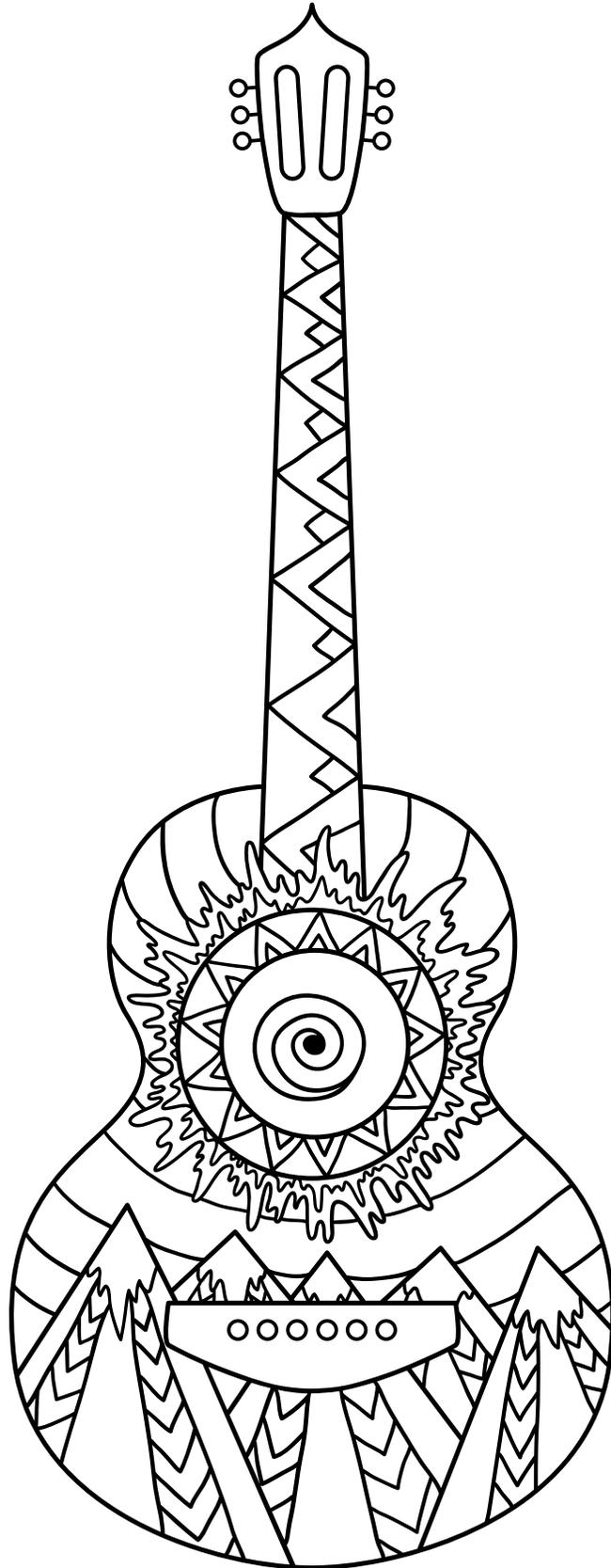
PRANAYAMA

YIN

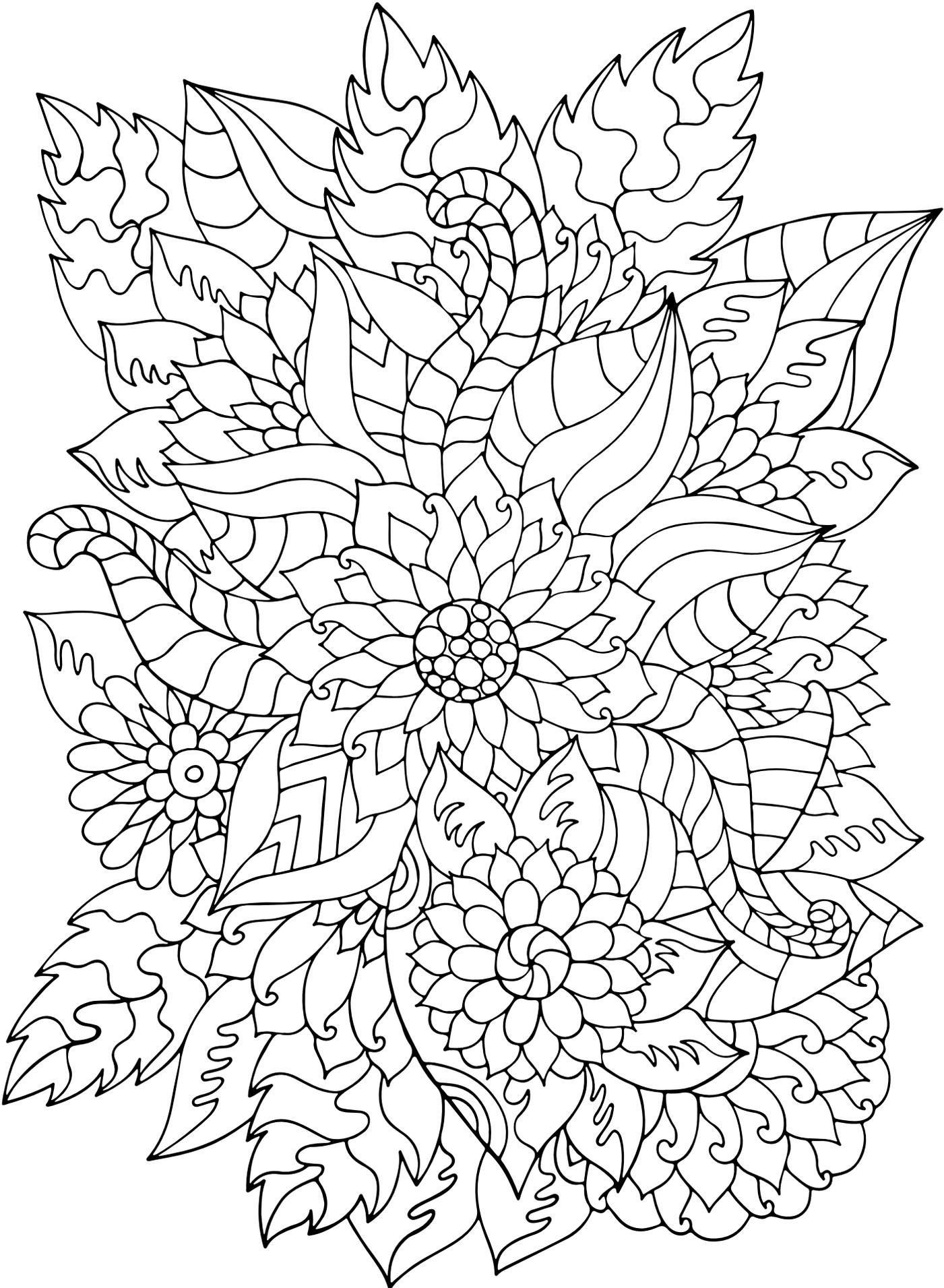
















# KRIPALU WORD SEARCH

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

```

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

## WORD LIST

BERKSHIRE

QIGONG

WORKSHOPS

ECSTASY

RELAXATION

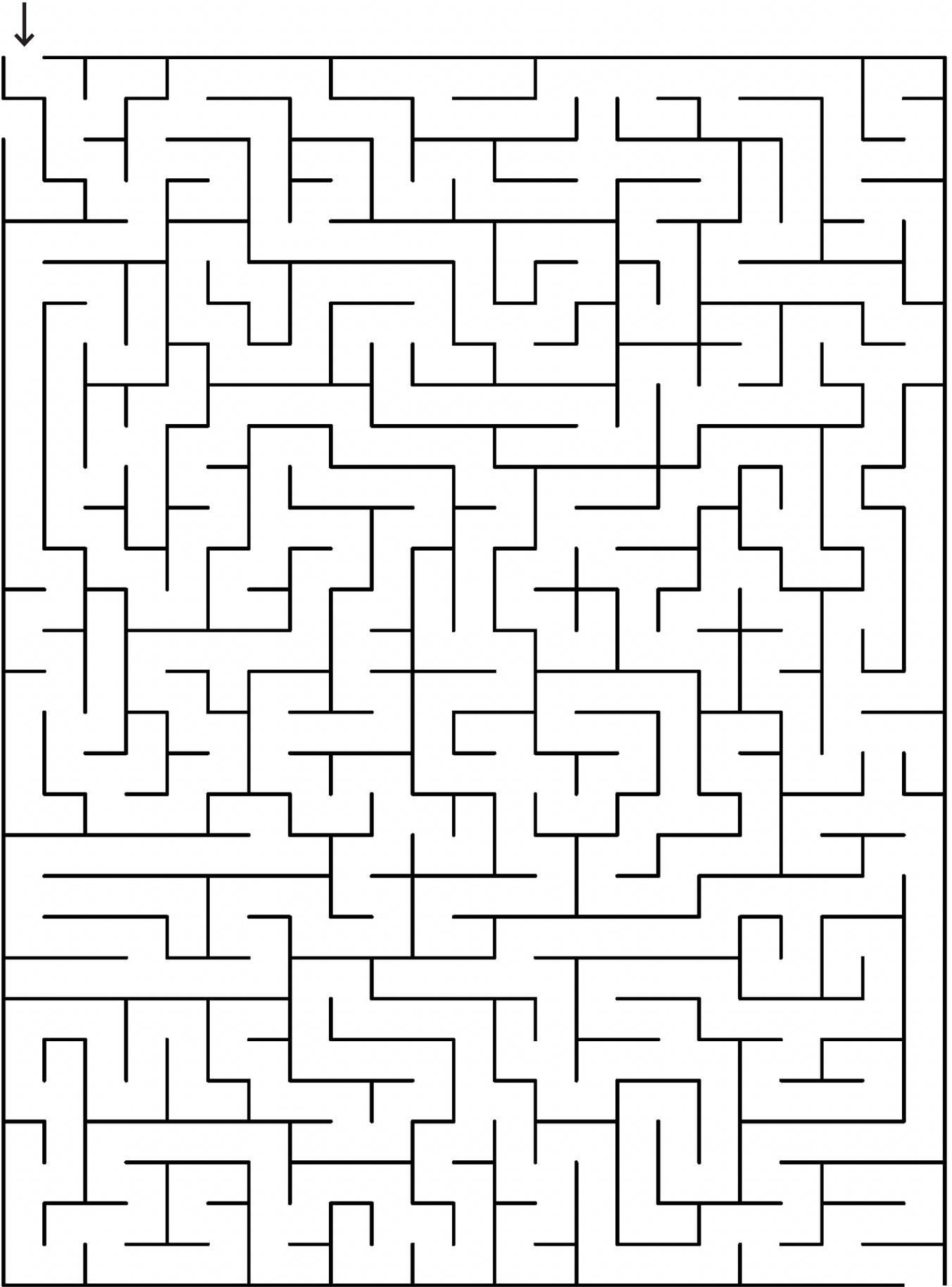
YOGA

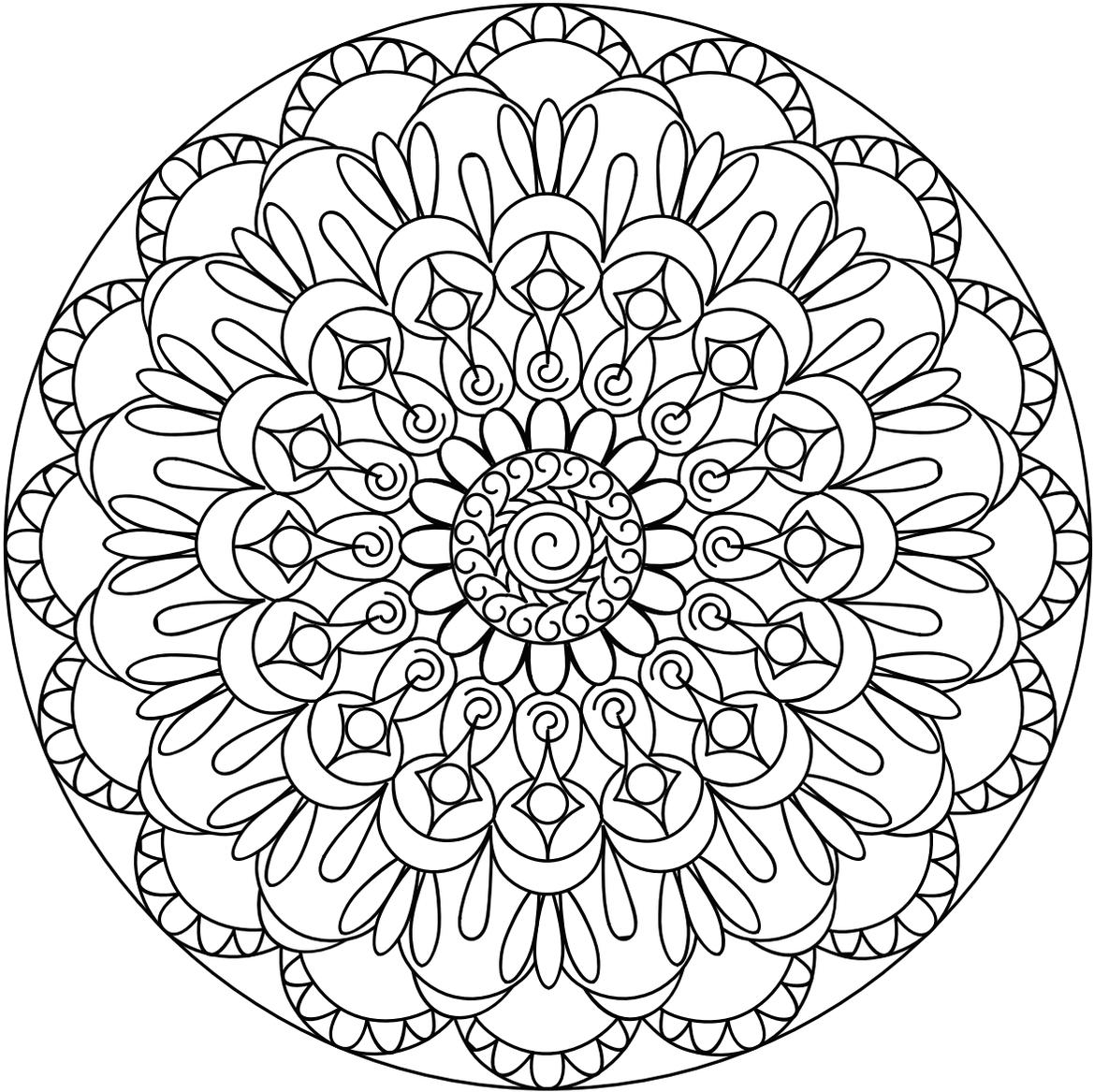
KINDNESS

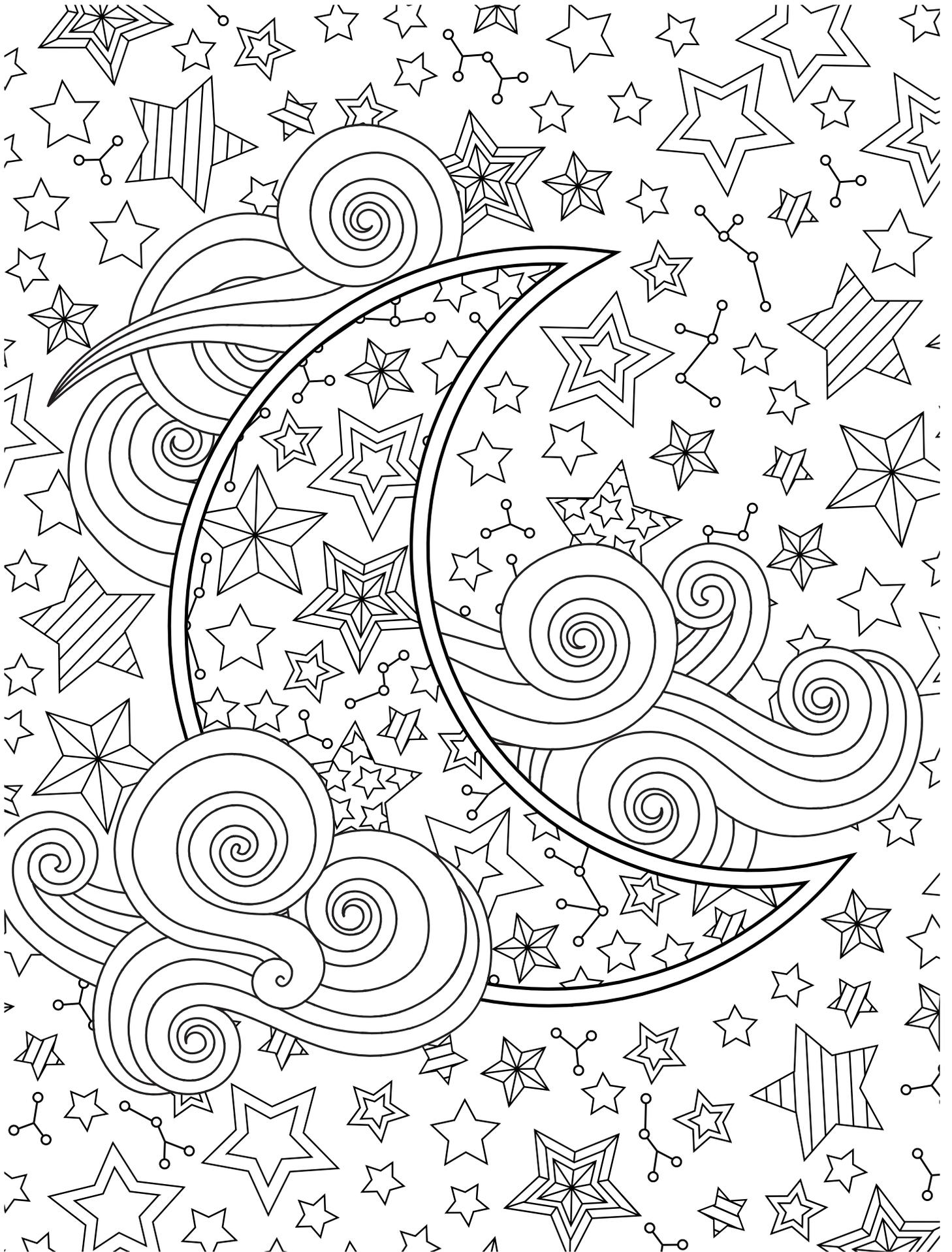
RESTORATION

KRIPALU

VISION

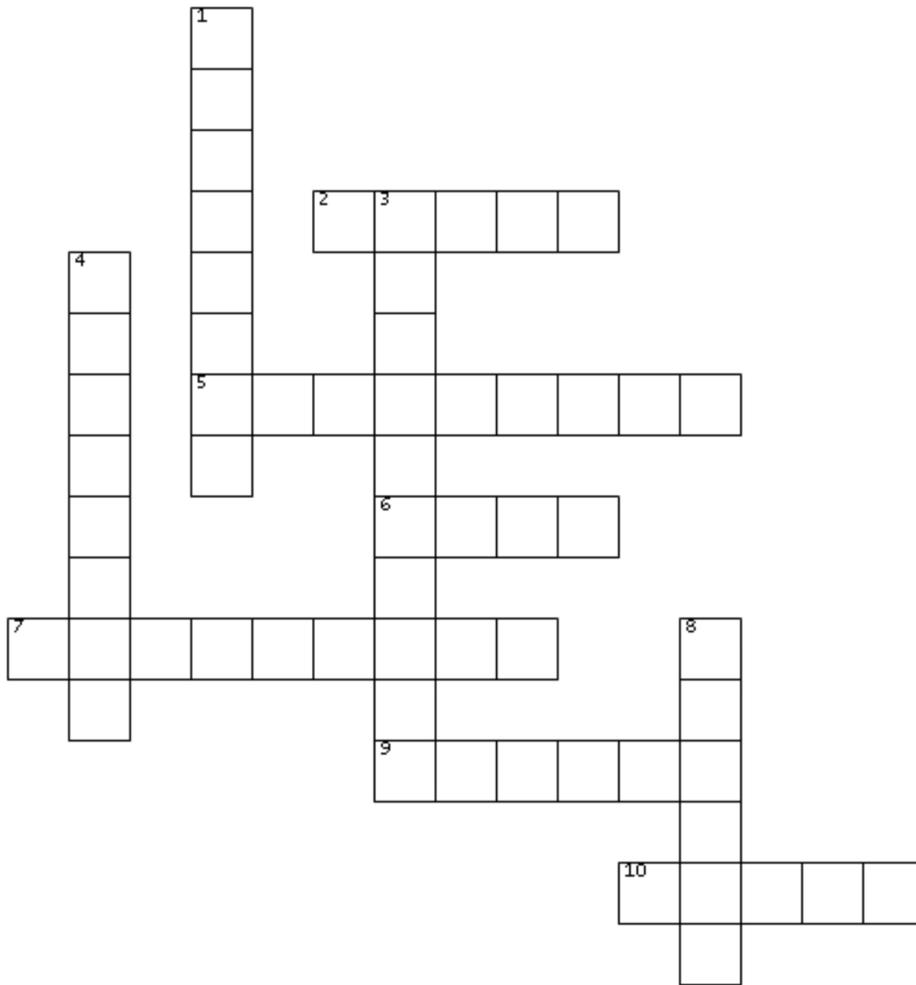






# KRIPALU CROSSWORD PUZZLE

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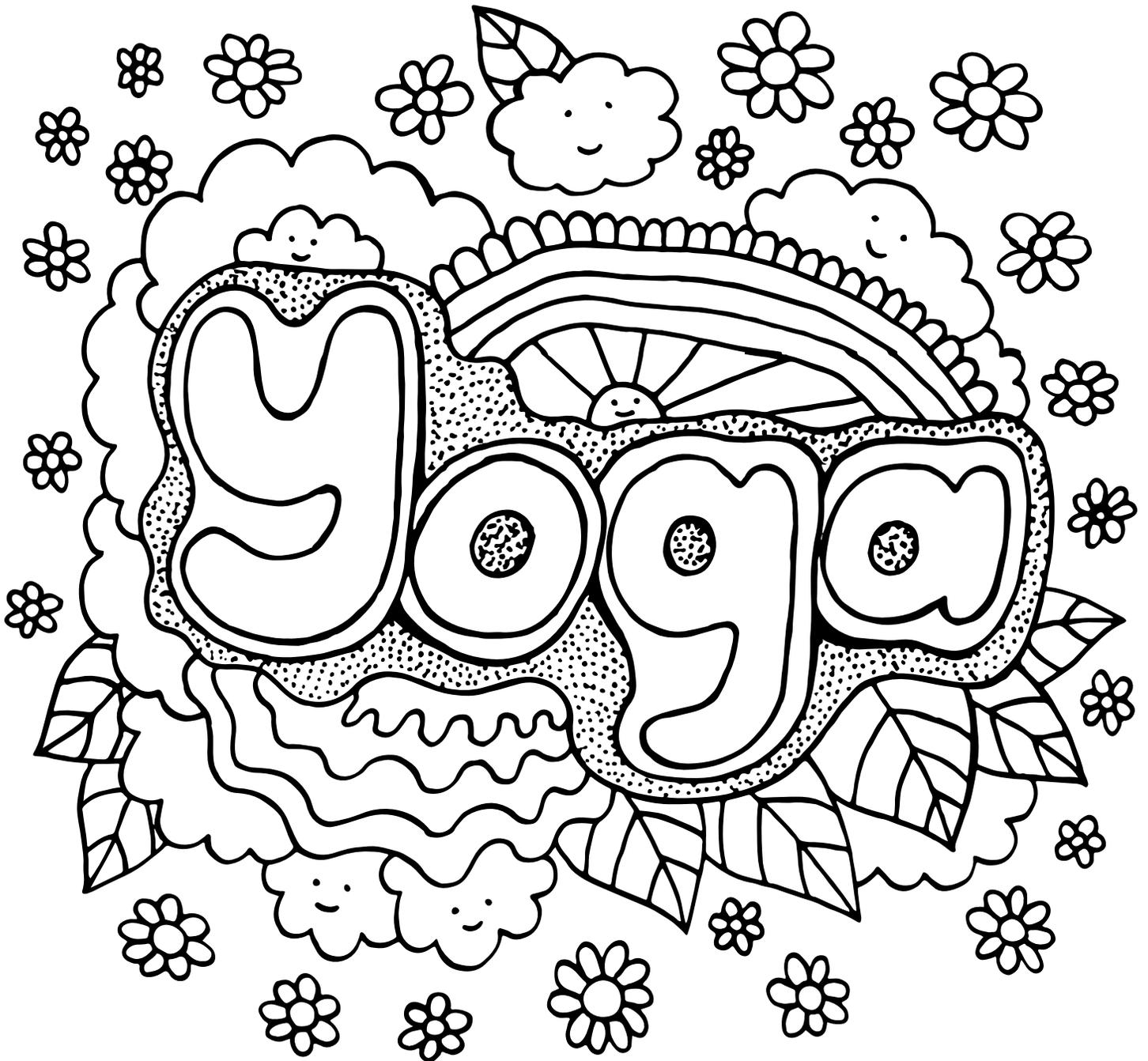


## ACROSS

- 2. A regimen or treatment intended to remove toxins and impurities from the body
- 5. Relating to or affecting the human spirit or soul as opposed to material or physical things.
- 6. The union of elements (such as body, emotions, thoughts, and sensations) that constitute the individuality and identity of a person
- 7. Based on or agreeing with what is known or understood without any proof or evidence
- 9. The physical world and everything in it that is not made by people
- 10. The process of becoming older

## DOWN

- 1. One of the world's largest religions and originated 2,500 years ago in India
- 3. An act, process, or instance of representing in a medium
- 4. Say or shout repeatedly in a sing-song tone
- 8. Natural enthusiasm and effort



# KRIPALU SODOKU

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.

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

