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Puzzle Express (puzzlexpress.com)

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

AGILITY
ANXIETY
BALANCE
BOAT POSE
BREATHING
BRIDGE POSE
CHILDS POSE
COBRA POSE
FLEXIBILITY
HERO POSE
LOCUST POSE
LUNGE POSE
MOUNTAIN POSE
PLANK POSE
RELAXATION
SITTING POSE
STRENGTH
STRESS
TREE POSE
TRIANGLE POSE
WARRIOR POSE

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