

Simple Pleasures



Wordsearch

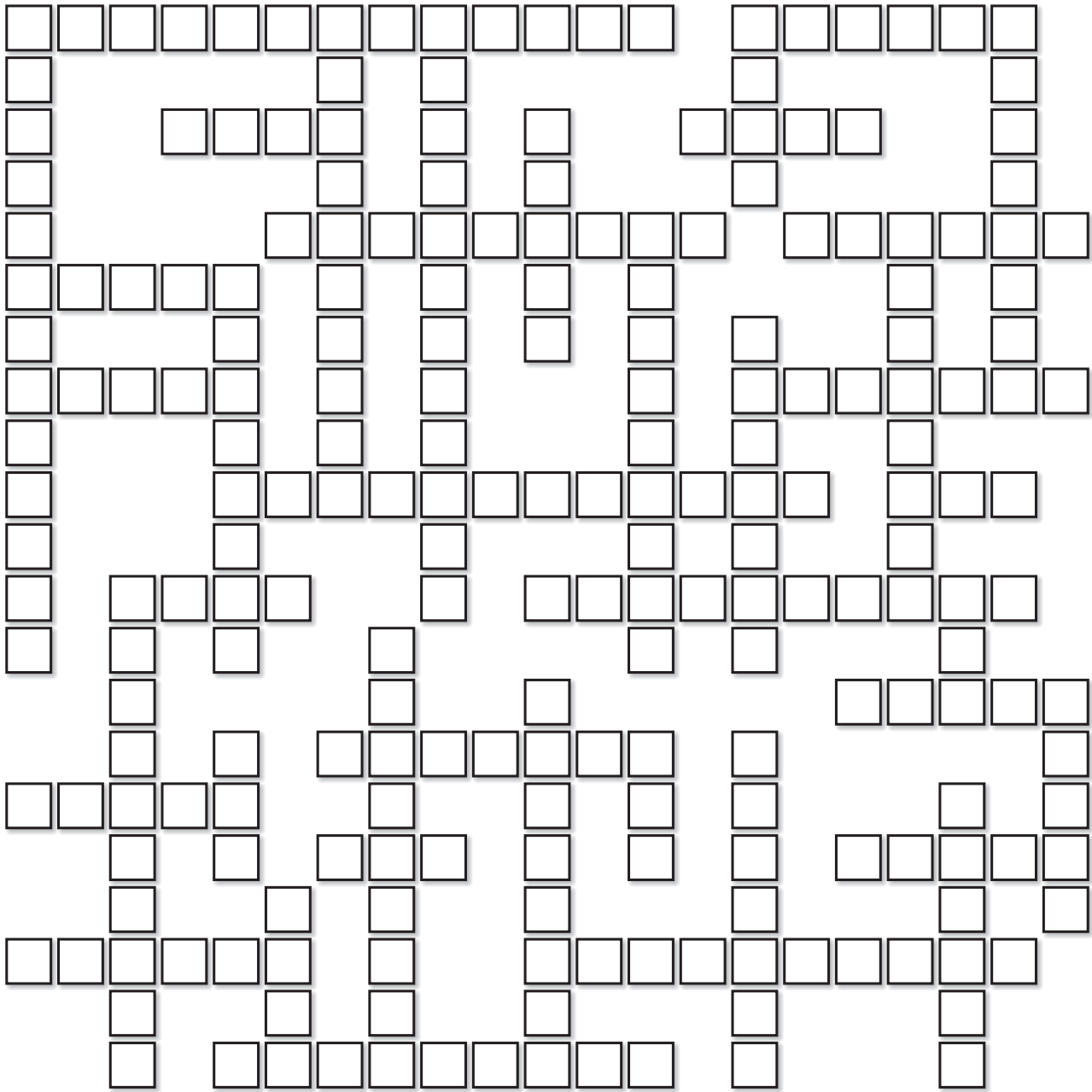
Seek some of life's little pleasures in the wordsearch grid. All of the listed items appear in straight lines, reading horizontally, vertically or diagonally, either backwards or forwards.

BIRDSONG	LAUGHTER
BLOSSOM	LIE-IN
BUTTERFLY	MEAL OUT
CAKE	MUSIC
CHILDREN	OPEN FIRE
CHOCOLATE	PADDLING
COFFEE	PEACE
COUNTRYSIDE	SEA BREEZE
DANCING	SINGING
FAMILY	SLEEP
FLOWERS	SMILES
FRIENDS	SPRINGTIME
GOOD BOOK	STARRY SKY
HEALTH	SUNSHINE
HOLIDAY	WEEKEND
HUG	WINE
KISS	



Yoga and Pilates

Find the perfect fit, positioning these yoga and pilates terms correctly in the grid.



3 letters

ARM
BOW
CAT
LEG
MAT

4 letters

CORE
FISH
POSE
TREE
YOGI

5 letters

HERON
KARMA
LOTUS
LUNGE
SPINE
TENSE
TWIST

6 letters

BRIDGE
CHAKRA
LUMBAR
STUDIO

7 letters

CONTROL
COW FACE
FITNESS
IYENGAR

8 letters

ASHTANGA
EXERCISE
MOUNTAIN
PRAKASHA

9 letters

AWARENESS
CLASSICAL
CROCODILE
SIDE PLANK

10 letters

EXHALATION
POWERHOUSE
RESISTANCE
SATYANANDA

12 letters

CONDITIONING
STRESS RELIEF

13 letters

SHOULDER STAND
SUN SALUTATION

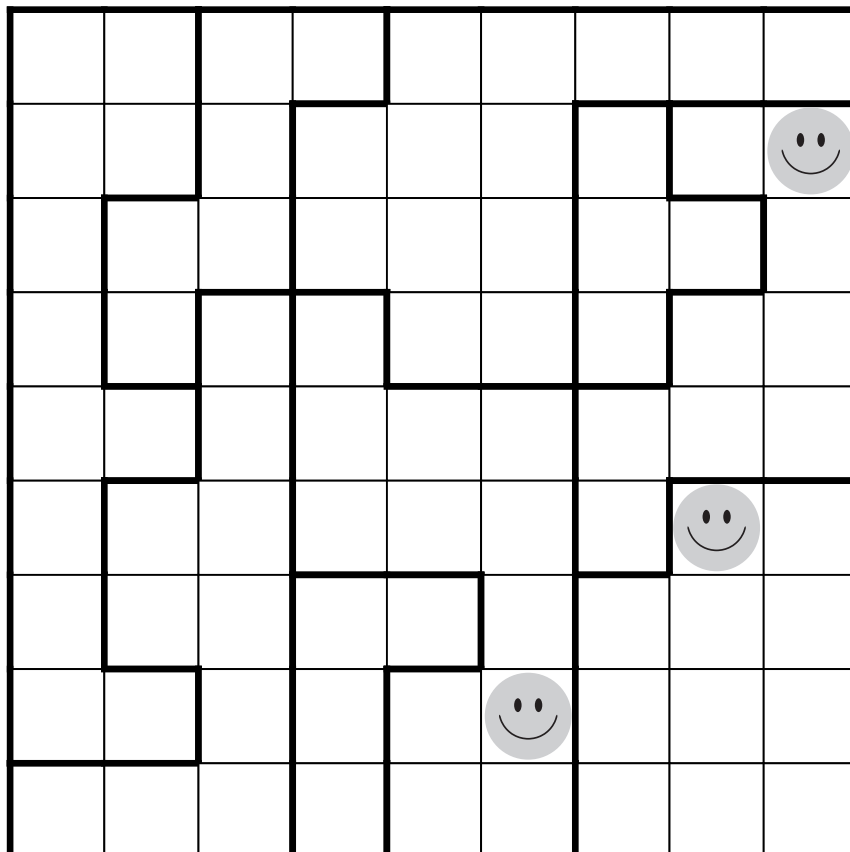
Spot the Difference

Can you spot the eight differences between these two scenes?



Smile Please!

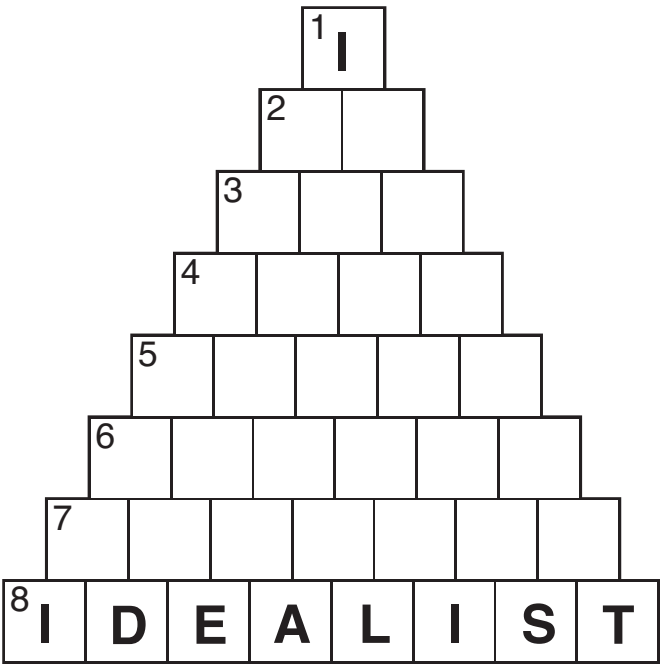
Can you place smiley faces in the window grid, so there are two smiles in every row, column and outlined shape, and so that no faces appear in neighbouring square panes, either horizontally, vertically or diagonally?



Pyramid

Solve the clues to complete the pyramid. Each answer uses the letters of the last, plus one extra.

- 1 Yours truly (1)
- 2 Abbreviation for 'that is' (2)
- 3 Recline (3)
- 4 Fancy food shop (4)
- 5 Playground attraction (5)
- 6 Travelled by sea (6)
- 7 Finer points (7)
- 8 One striving for perfection (8)



Arrowword

Write the answer to each clue in the direction of its arrow. Once the grid is complete, rearrange the letters in the shaded squares to spell a word connected with MEDITATION.

Merseyside dialect	Took part in a sporting event	Is indebted to	First paint layer	Set of clothes		Preserved		Notice	Flamboyant	Pleasant melody		___ Ryan, <i>You've Got Mail</i> star
						Glue						Blade of corn
Admit (3,2)						Fitting		Immense				
Spiritual reflection	M	E	D	I	T	A	T	I	O	N	Stick fast	
					Dots of land		Creative skills	Durham's river				
Spill		A long time		Venice's country						Cover (gifts)		Lyric poems
Ziggags at sea						Tree with silvery bark		In what way?	Which person?			
One's inner self				Soaped up								
				Petrol company					You ___ My Sunshine, song			
Concept	Secret store						Cleans with a cloth					

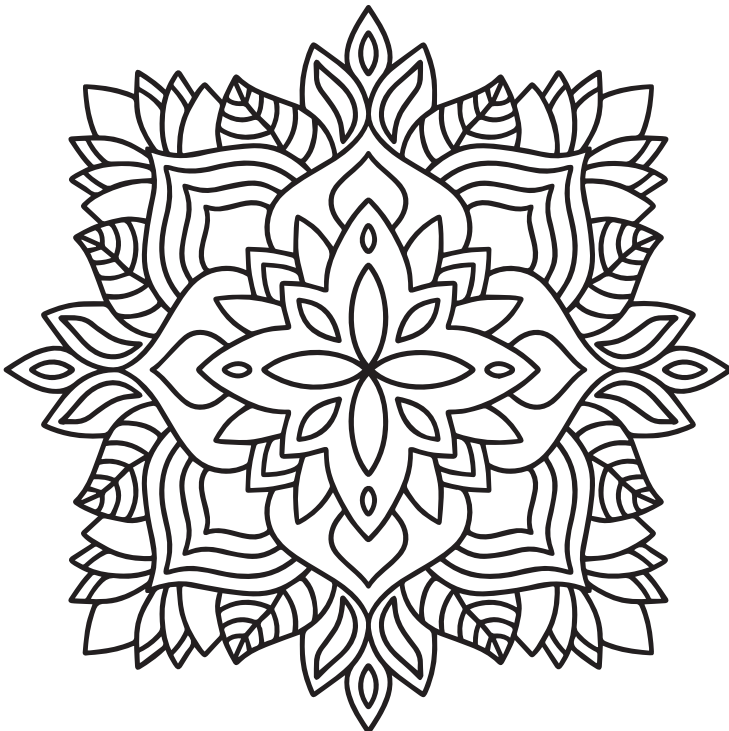
Word Ladder

Fill each step of the ladder with a word, changing one letter at a time as you go from WILD to CALM.
We've given you clues to each rung, but not in the correct order.



Vowel Play

Can you identify these essential oils that are missing the vowels A, E, I, O and U? The names may be single or multiple words. We've left Y in, even where it appears as a vowel sound.



- 1 SPRMNT _____
- 2 LVNDR _____
- 3 RSWD _____
- 4 GRNM _____
- 5 CLYPTS _____
- 6 PTCHL _____
- 7 PNNDL _____
- 8 NRL _____
- 9 CSS _____
- 10 TTR _____

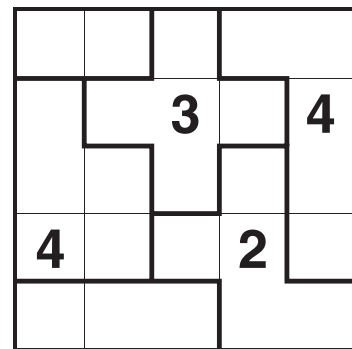
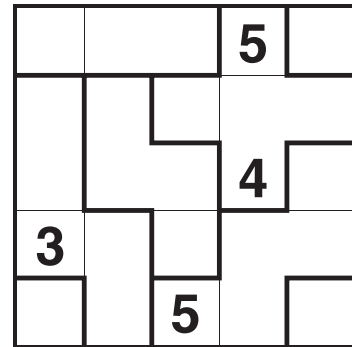
Linkwords

Link the pair of words on each row with a four-letter word that can follow the first and precede the second to make a well-known word or phrase. For example HOUR might link the pair HAPPY and GLASS (making HAPPY HOUR and HOURGLASS). Once the grid is complete, you'll find happiness in the shaded squares.

RELAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MEETING
DUCK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SKATER
NEVER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	READER
ONLY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DESERTS
DOOR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	LADDER
SUGAR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	DRAGON
BUBBLE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SALTS
AUCTION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	SERVICE
CABIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CUT
BENDED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	CAP
STAMP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	FREE

Suguru

Each grid comprises outlined shapes of between 1 and 5 cells. A single-celled shape must contain the digit 1, a two-celled shape must contain 1 and 2, and so on. Can you fill the grids so that no digit is repeated in a neighbouring cell (including diagonally)?



Quiz Search

Search for these gardening-related items in the grid, ticking the boxes as you find them.

5 Herbs

1	2	3	4	5
---	---	---	---	---

4 Yellow flowers

1	2	3	4
---	---	---	---

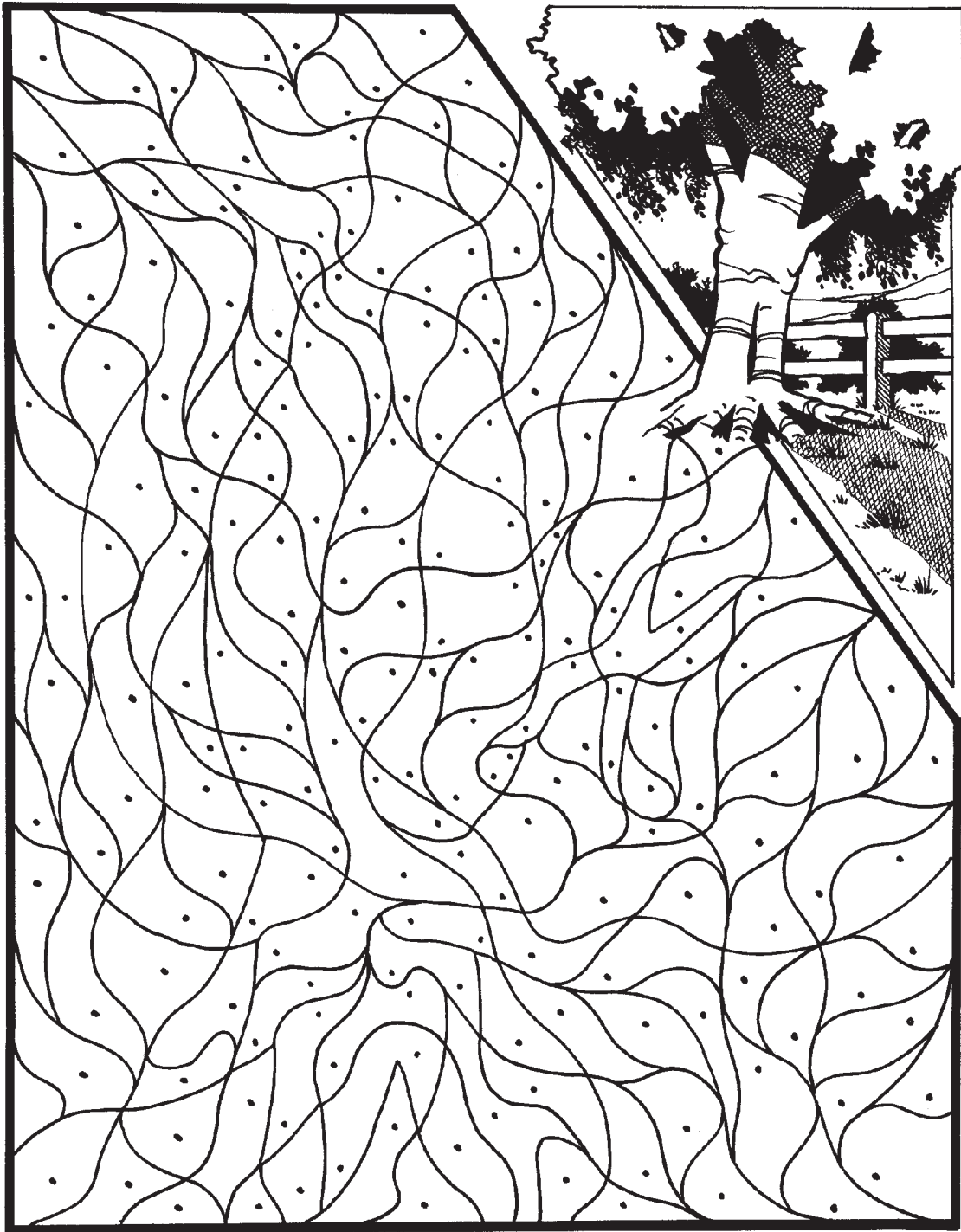
3 Large garden tools

1	2	3
---	---	---



Silhouette

Shade every section of the picture containing two dots to reveal the hidden image.



Conundrum

Unscramble the letters to spell a word about good health.

G	L	E	E	B	L	W	I	N
---	---	---	---	---	---	---	---	---

Jolly Mixtures

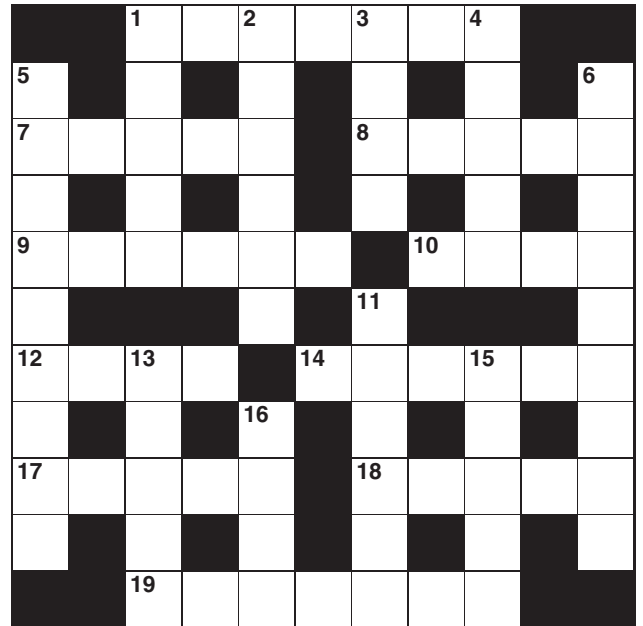
In this crossword, each clue is an anagram of the answer. Some clues may have more than one anagram, so watch out for the red herrings!

ACROSS

- 1 RENAMED
7 LEASE
8 PANES
9 GARNER
10 RELY
12 AMEN
14 FRINGE
17 AMONG
18 CARTA
19 REVERSE

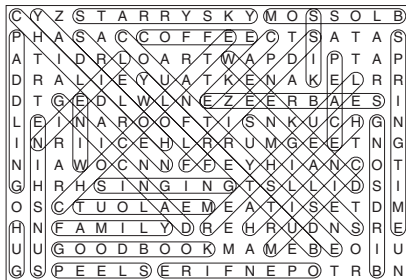
DOWN

- 1 MOANS
2 PLEASE
3 READ
4 APERY
5 MONOTREME
6 RERUN DATE
11 PRINCE
13 ROMAN
15 OGRES
16 GODS



Solutions

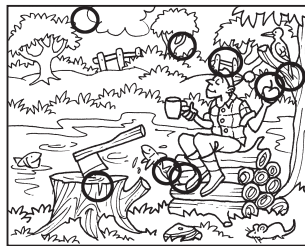
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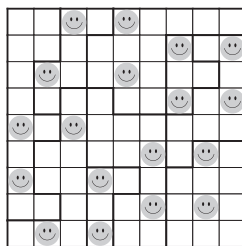
PAGE 2 Yoga and Pilates



PAGE 3 Spot the Difference



PAGE 3 Smile Please!



PAGE 4 Pyramid

- 1 I 2 Le 3 Lie 4 Deli 5 Slide
6 Sailed 7 Details 8 Idealist

PAGE 4 Arrowword



MANTRA

PAGE 5 Word Ladder

WILD, Mild, Mill, Mall,
Call, CALM

PAGE 5 Vowel Play

- 1 Spearmint 2 Lavender
3 Rosewood 4 Geranium
5 Eucalyptus 6 Patchouli
7 Pine needle 8 Neroli
9 Cassia 10 Tea tree

PAGE 6 Linkwords

Race, Pond, Mind, Just,
Step, Snap, Bath, Room,
Crew, Knee, Duty
CONTENTMENT

PAGE 6 Suguru

1	2	3	5	1	2	1	2	5	2
5	4	1	2	3	3	5	3	1	4
1	2	3	4	1	1	2	4	5	3
3	4	1	2	3	4	5	1	2	1
1	2	5	4	1	1	2	3	4	3

PAGE 6 Quiz Search



Basil, Oregano, Rosemary,
Sage, Thyme; Daffodil,
Marigold, Primrose,
Sunflower; Lawnmower,
Shredder, Wheelbarrow

PAGE 7 Silhouette



PAGE 7 Conundrum

WELLBEING

PAGE 8 Jolly Mixtures

