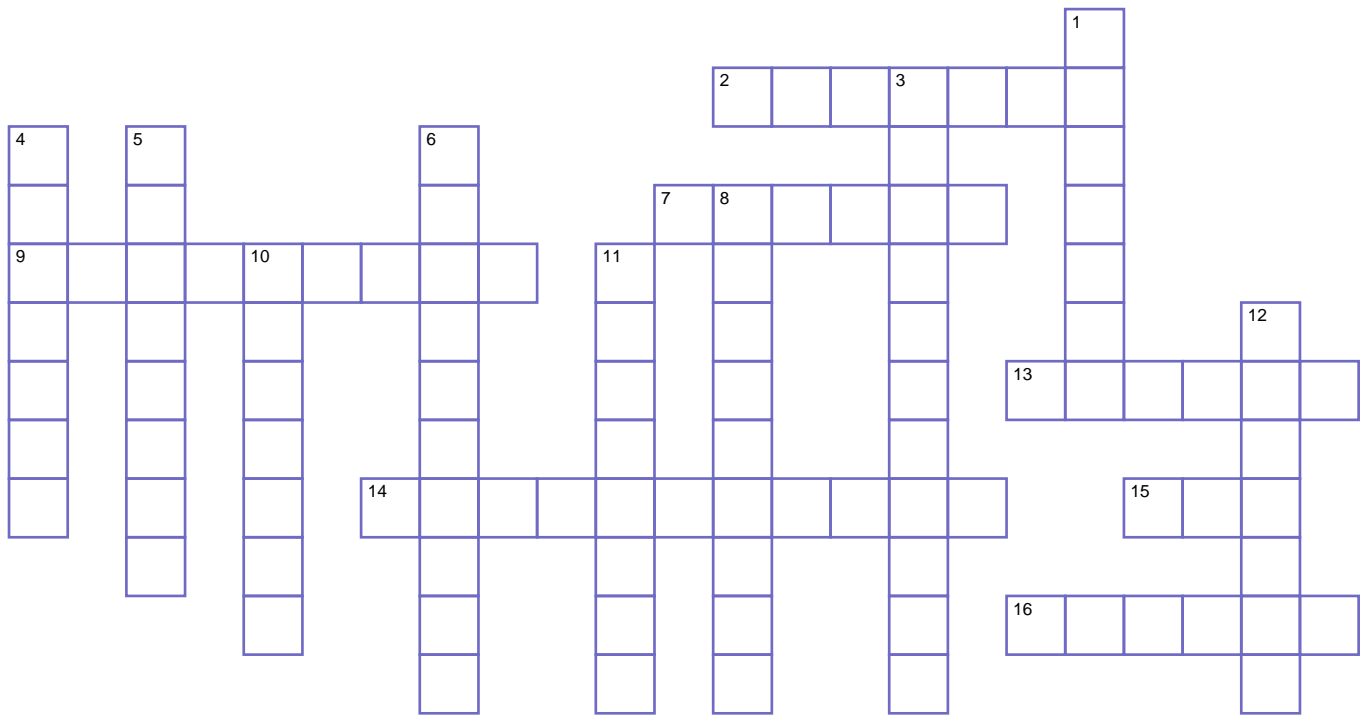


Reading 30: Pilates

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Across

- 2. Receives medical care (n.)
- 7. Tension (n.)
- 9. Suggest something in a positive way (v.)
- 13. Technique (n.)
- 14. Bendable, can adapt if it has this quality (n.)
- 15. Piece of material you put on the floor for exercise
- 16. Get hurt (n.)

Down

- 1. To use (v.)
- 3. Teachers (n.)
- 4. Related to fighting and war (adj.)
- 5. Looking very closely at one part (v.)
- 6. Complete coordination of body, mind, and spirit (n.)
- 8. A way of doing something (n.)
- 10. They move your body around (n.)
- 11. Related to the body (adj.)
- 12. Position of your body and how you move (n.)