

wellbeing | connection | food | creativity | travel

MINDFUL

PUZZLES



Issue 20
Competition
Solutions

20
ISSUE

\$11.95 AUD | \$13.95 NZD

Dolce far niente | **Mindful** of the present | A **home** among the gum trees | The **book** nook
Solve & **win** | **Life** on a plate | Return to our **roots** | **Raising** the bar | Of the **essence**
Signed, sealed, delivered | Taking **time** with the tomes | A **midnight** rite

Solutions

Pg 17 ACROSTIC

A. Captivated, B. Orthodontist, C. Low-down, D. Omelette, E. Unrepentant, F. Rather, G. Infancy, H. Neatened, I. Galahad, J. Incapacity, K. Narcissistic, L. Feistiast, M. Overstatement, N. Removable, O. Abominably, P. Dexterity, Q. Ushers, R. Levitate, S. Typically, T. Sheepishness.

A-T: COLOURING IN FOR ADULTS

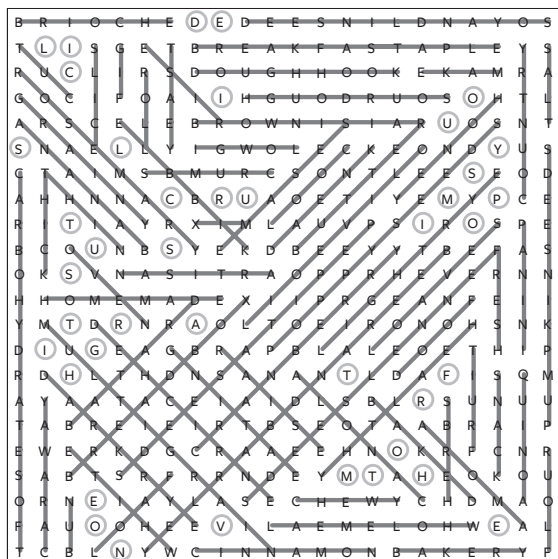
TEXT: An activity with a long list of health benefits, it has only recently been adopted as a wellness practice. It helps the brain enter a meditative state, may reduce stress and anxiety, and promotes creativity over consumption.

Pg 49 CROSS-STITCH

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

ANSWER: Delectable

Pg 63 WORDSEARCH



ANSWER: Deliciously scrumptious straight from the oven

Pg 83 COLOUR-IN CIPHER

SOLUTION: Find peace amidst chaos

Pg 95 STARWORDS

Peso, Euro, Rupee, Yen, Dollar.

SOLUTION: Pound

Pg 108 QUEST

Orange, Night, Onion, Lion, Cucumber, Swede, Potato, Dragon, Yellow, Square, Morning, Dane, Purple, Circle.

LEFTOVER WORD: Kiss

