

wellbeing | connection | food | creativity | travel

MINDFUL

PUZZLES

Issue 22
Competition
Solutions

22
ISSUE

\$11.95 AUD | \$13.95 NZD

With the **flow** | **Sweet** talk | Bound **magic** | A profound **purpose** | The **book** nook
Solve & **Win** | Eat the **rainbow** | More than a **meal** | **Reverie** on canvas
Go forth & **flourish** | Hidden **gems** | Cosmic **connection** | The rare & the **remarkable**

Solutions

Pg 17 ACROSTIC

A. Justifiably, B. Overestimate, C. Sandwiching, D. Entertainers, E. Parrots, F. Handcuffed, G. Hitchhiking, H. Uncommonly, I. Bittiest, J. Expressways, K. Receivership, L. Traffic jam, M. Unsought, N. Sheldon, O. Parted, P. Immigrated, Q. Laughing off, R. Afflicted, S. Tia Maria, T. Echelons, U. Sots

A-U: JOSEPH HUBERTUS PILATES

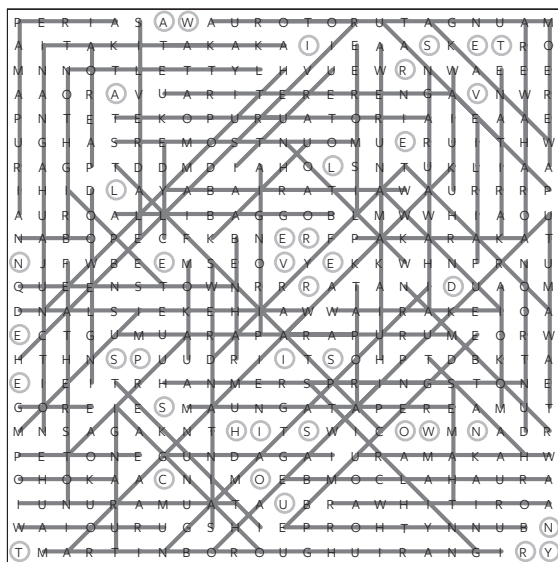
TEXT: After suffering from asthma, rickets, and rheumatic fever as a child, his father introduced him to gymnastics, boxing, and jujitsu. He went on to create a popular fitness system after dedicating his life to improving his physical wellbeing.

Pg 53 CROSS-STITCH

V	I	O	L	E	T		D	E	P	T	H
E	N	R	O	L		C	O	L	L	I	E
S	C	A	L	D	S		T	I	A	R	A
T	I	T	L	E		F	I	T	T	E	R
S	T	E	E	R	S		N	E	E	D	S
	E		D		E	G	G		D		E
U		A		F	E	E		I		D	
N	A	S	A	L		L	A	G	G	E	D
R	O	S	I	E	R		G	L	A	C	E
E	R	A	S	E		V	I	O	L	I	N
S	T	I	L	T	S		L	O	A	D	S
T	A	L	E	S		L	E	S	S	E	E

ANSWER: Vanilla

Pg 63 WORDSEARCH



ANSWER: A wise traveller never despises his own country

Pg 83 COLOUR-IN CIPHER

SOLUTION: Love yourself first

Pg 95 STARWORDS

Athena, Zeus, Demeter, Poseidon, Apollo.

SOLUTION: Hestia

Pg 108 QUEST

Jaguar, Hearts, Apple, Bridge, England, Pale, Grease, Ford, Tiger, Greece, Fore, Kiwifruit, Easy, Hairspray.

LEFTOVER WORD: Elephant

Dine at
paddock to plate
restaurants or
bag ingredients fresh
from farmers
shoalhaven.com/foodie

Shoalhaven
SOUTH COAST - NSW
#shoalhavenfoodie