

A woman with dark hair tied back is sitting in a meditative pose on a grassy field. She is wearing a white tank top and grey leggings. Her hands are raised above her head, palms pressed together in a triangle shape. Her eyes are closed, and she has a serene expression. The background is a clear blue sky with some light clouds.

Stella Weller

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a practical approach to healing
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Emilie Sanchez

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