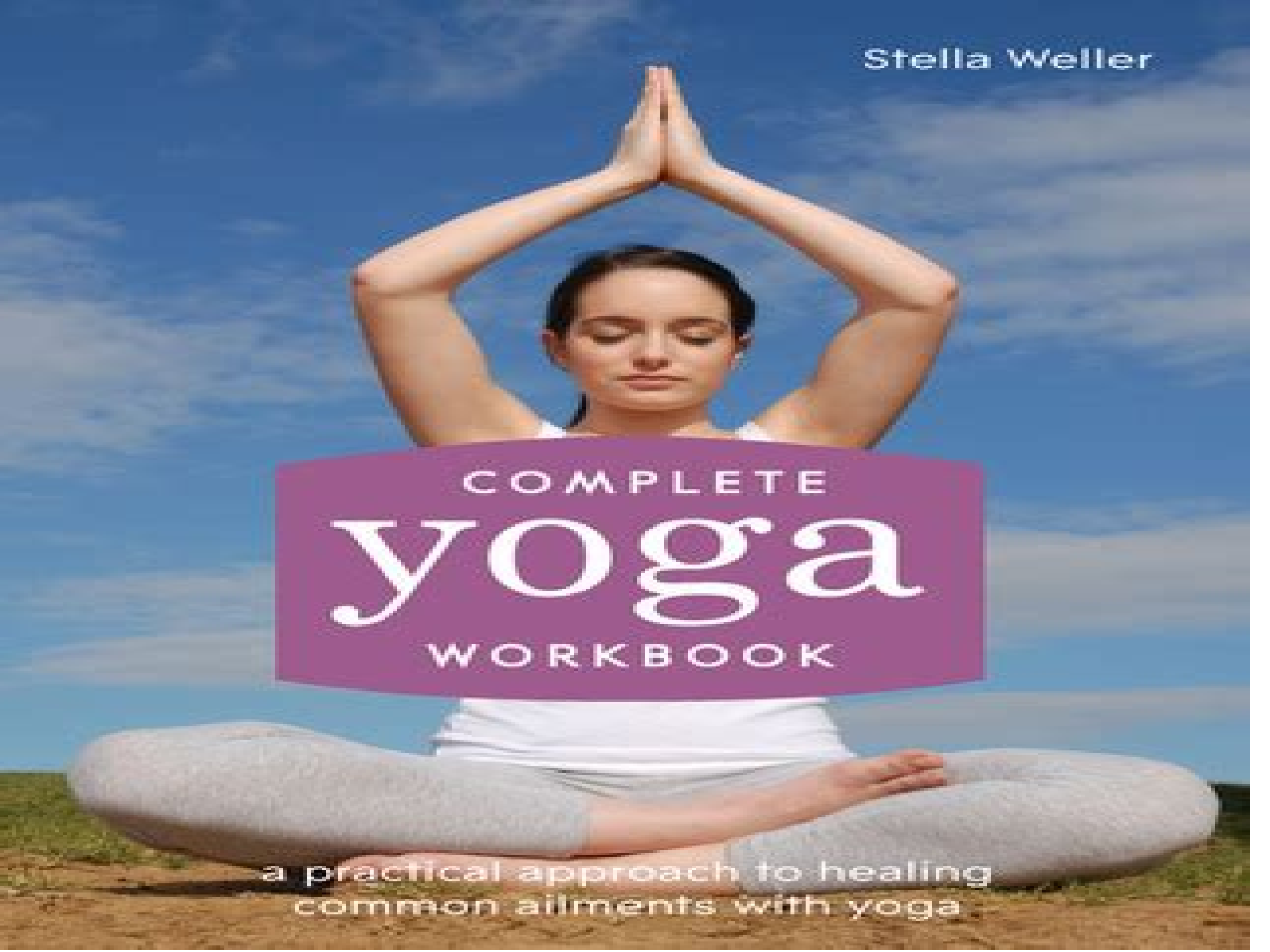


A woman with dark hair tied back is sitting in a meditative pose (Padmasana) on a grassy field. She is wearing a white t-shirt and grey leggings. Her hands are raised above her head, palms pressed together in a prayer position (Anjali Mudra). Her eyes are closed, and she has a serene expression. The background is a clear blue sky with some light clouds. A purple rectangular box is overlaid on the center of the image, containing the title text.

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# Complete Workbook Yoga Guide

**Tara Fraser**



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