

A woman with dark hair tied back is sitting in a meditative pose on a grassy field. Her hands are raised above her head, fingers pointing upwards and palms facing each other, forming a triangular shape. She has her eyes closed and a calm expression. She is wearing a white t-shirt and grey leggings. The background is a clear blue sky with some light clouds.

Stella Weller

COMPLETE  
*yoga*  
WORKBOOK

a practical approach to healing  
common ailments with yoga

# Yoga Guide Complete Workbook

**Debbie Lawrence, Conrad Paul**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

## **Yoga Guide Complete Workbook:**

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