

A woman with dark hair tied back is sitting in a meditative pose (Padmasana) on a grassy hill. She is wearing a white t-shirt and grey leggings. Her hands are pressed together in a prayer position (Anjali Mudra) above her head, with her arms extended upwards. Her eyes are closed, and she has a calm 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.

Stella Weller

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a practical approach to healing  
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# Yoga Guide Complete Workbook

**Tara Fraser**



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