

A woman with long dark hair, wearing a white long-sleeved top and white pants, is sitting in a lotus position on a rocky shore. She is facing right, looking out at the ocean under a clear blue sky. The sun is low on the horizon, creating a warm glow. The text is overlaid on the right side of the image.

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employed Which beliefs and practices are drawn upon to create meaningful and effective responses And how can we better understand the depth and breadth of these reactions to design more successful public health strategies for future global health crises Yoga Journal ,1997-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Books Out Loud* ,2004

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