

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 facing each other, forming a triangle. 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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Complete Workbook Yoga Guide

**C. Norman Shealy, MD PhD C Norman
Shealy, MD, PH.D.**



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Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy a perfect companion book for any yoga teacher or practitioner seeking to understand the biomechanics of the body as it applies to yoga practice *American Book Publishing Record* ,1998 YOGA for Beginners the Complete Guide - YOGA and Everyday Life (Book 1) Melissa Grey,2020-05-03

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