

A woman with dark hair tied back is sitting in a meditative pose on a grassy field. She is wearing a white t-shirt 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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Yoga Guide Complete Workbook

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



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