

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 triangle. 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

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a practical approach to healing
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Complete Yoga Workbook Stella Weller, 2014-12-18 There are three natural resources that can promote health and healing our body mind and breath we just need to know how to put them to work Based on ancient yoga teachings and principles Complete Yoga Workbook provides the framework for modern day yoga practice This essential book has something for everyone no matter your age or gender It tackles many common physical and psychological ailments such as arthritis digestive problems depression anxiety fatigue menstrual problems stress and allergies and much more There s essential advice and information on each problem along with a sequence of easy yoga postures that can aid the discomfort Each posture is clearly explained and illustrated with easy to follow step by step photography With simple daily yoga routines advice on breathing and meditation warming up and cooling down what to wear and how to practice yoga safely Complete Yoga Workbook is the ultimate guide to improving your physical and mental wellbeing

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