

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

COMPLETE
yoga
WORKBOOK

a practical approach to healing
common ailments with yoga

Yoga Guide Complete Workbook

SJ Ball



Yoga Guide Complete Workbook:

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Yoga teacher Cyndi Lee brings the rigors and rewards of yoga class to the home in an easy accessible way For each day of the week she offers a unique yoga class that is communicated through charming and simple illustrations **The Complete Illustrated Guide to Yoga** Howard Kent,1999

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