

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 triangular shape. 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 Workbook Yoga Guide

Tara Fraser



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