

A woman with dark hair tied back is sitting in a lotus position on a grassy field. She is wearing a white tank top and grey leggings. Her hands are pressed together in a prayer position above her head, with her arms extended upwards. Her eyes are closed, and she has a serene expression. The background is a clear blue sky with some light clouds. A purple banner with white text is overlaid on the center of the image.

Stella Weller

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yoga
WORKBOOK

A practical approach to healing
common ailments with yoga

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