

A woman with dark hair tied back is sitting in a meditative pose (Padmasana) on a grassy field. She is wearing a white tank top and grey leggings. Her hands are pressed together in a prayer position (Anjali Mudra) above her head, with her arms extended upwards. Her eyes are closed, and she has a calm expression. The background is a clear blue sky with some light, wispy clouds. The overall scene conveys a sense of peace and tranquility.

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

The Complete Idiot's Guide to Yoga with Kids Jodi Komitor, Eve Adamson, 2000 Teaches ways to help kids and the whole family use yoga to promote better mental and physical health

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The Directory of Complimentary Therapies C. Norman Shealy, MD PhD C Norman Shealy, MD, PH.D., 2002-02

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