

A woman with dark hair tied back is sitting in a meditative pose (Padmasana) on a sandy surface. 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 Workbook Yoga Guide

**B.K.S. Iyengar**



## **Complete Workbook Yoga Guide:**

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