

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 calm 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

COMPLETE  
*yoga*  
WORKBOOK

A practical approach to healing  
common ailments with yoga

# Complete Workbook Yoga Guide

**C. Norman Shealy, MD PhD C Norman  
Shealy, MD, PH.D.**



## **Complete Workbook Yoga Guide:**

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