



## Complete Yoga Workbook: A practical approach to healing common ailments with yoga

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By Stella Weller

Collins & Brown. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 10.3in. x 7.7in. x 0.5in. No matter your age, gender, or fitness level, the Complete Yoga Workbook has strategies for improving your health and well-being. Based on ancient principles that provide the framework for a modern-day practice, it tackles ailments ranging from arthritis and allergies to anxiety, depression, and fatigue. Sequences of simple postures that will ease discomfort appear in easy-to-follow, step-by-step photos, and there's advice on breathing, meditation, warming up and cooling down, and exercising safely. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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