

A woman with dark hair tied back is shown in profile, sitting in a Seiza (kneeling) meditation posture. She is wearing a light blue tank top and dark pants. Her hands are resting on her knees in a mudra. The background features a large, multi-paned window with a stone wall. The text "Seiza Meditation: A Complete Guide to This Buddhist Sitting Posture" is overlaid at the bottom in white.

Seiza Meditation: A Complete Guide to This Buddhist Sitting Posture

Sitting A Guide To Buddhist Meditation

Anne Ihnen, M.A., LMHC, Carolyn Flynn

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dans un empire romain qui refuse de mourir le culte de mithra est devenu la religion dominante mais les anciens dieux ne se
rendront pas sans combattre