

A woman with dark hair tied back is shown in profile, sitting in a Seiza meditation posture on a blue mat. She is wearing a light blue tank top and black leggings. Her hands are resting on her knees in a mudra. The background features a large window with a grid pattern and a stone wall.

Seiza Meditation: A Complete Guide to This Buddhist Sitting Posture

Sitting A Guide To Buddhist Meditation

SA Adler



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