

A silhouette of a person in a yoga pose, specifically the Urdhva Dhanurasana (Upward Bow Pose), is centered on the left side of the image. The person is sitting on a mat on a flat, sandy surface, with their arms extended upwards and hands clasped together above their head. The background features a bright sunset or sunrise over a body of water, with a clear blue sky above and a dark horizon line. The overall mood is peaceful and serene.

ADVANCED MEDITATION GUIDE

The Advanced Guide To Meditation

Albert A Gayle



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