

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 thighs in a mudra. She is positioned in front of a large, multi-paned window with a stone wall background. The lighting is soft and natural, coming from the window.

Seiza Meditation: A Complete Guide to This Buddhist Sitting Posture

Sitting A Guide To Buddhist Meditation

Daniel F McAuley



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