

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. She is positioned in front of a large, multi-paned window that allows bright, natural light into the room. The background wall is made of light-colored stone or brick. The overall atmosphere is calm and serene.

Seiza Meditation: A Complete Guide to This Buddhist Sitting Posture

Sitting A Guide To Buddhist Meditation

Lodro Rinzler



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