

A person wearing white robes is shown from the side, sitting in a meditative pose on a blue mat. Their right hand is resting on their right knee, with the index finger pointing towards the right. In the foreground, on the blue mat, there is a small stack of three smooth, light-colored stones. The background is a bright, out-of-focus outdoor setting with a wooden deck and a body of water.

Tecniche, Benefici
e Come Praticarla

Meditazione Zen

Meditazione Zen Come Terapia

S Ashworth



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