

A close-up photograph of a woman with her eyes closed, meditating outdoors. She has her hair tied back and is wearing a purple halter-neck top. Her right hand is pressed against her forehead. The background is a soft-focus view of green trees and foliage. A dark horizontal band across the middle of the image contains the title text.

BREATHING TECHNIQUES FOR MEDITATION BEGINNERS

Meditation For Beginners Relieve Stress With Mindfulness Meditation And Breathing Techniques

**Ravishankara B. Editors Dr. Ashok
Kumar, Ravikiran K. S. &
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