

A woman with long brown hair, wearing a blue sleeveless top and red leggings, is sitting in a meditative pose (Padmasana) on a grey yoga mat. She is in a bright room with light-colored walls. In the background, there is a window with a white frame and a small shelf with two potted plants. To the right, there is a metal shelving unit with various items on it, and a blue storage unit. The floor is made of light-colored wood.

GROUNDING YOGA

30 Days to Resilience

Yoga Practice #10
5 minutes

5 Edition Yoga Practice

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