

A woman with long brown hair is sitting on a dark rug in a modern living room, performing a yoga pose. She is wearing a black sports bra and black leggings. Her right leg is extended forward, and her left leg is bent with the foot flat on the floor. She is looking towards the camera with a slight smile. The room has large windows in the background, a grey sofa, and several potted plants. The word "THERAPEUTIC" is overlaid in large, white, stylized capital letters at the bottom of the image.

THERAPEUTIC