

A woman with dark hair tied back is sitting in a meditative lotus position on a dark mat. She is wearing a white t-shirt and has her eyes closed with a peaceful expression. The room is bright and airy, with white walls and sheer white curtains in the background. To her right is a large potted plant with green, feathery leaves. In the background, a white shelving unit holds some books and a small plant. The overall atmosphere is calm and serene.

MORNING YOGA