

A person is seen from behind, sitting in a meditative lotus position on a dark mat. They are wearing a patterned, long-sleeved top. The room has a large window with sheer curtains, looking out onto a lush green landscape. To the left, there is a floor lamp with a dark shade and a potted plant. To the right, another potted plant is visible. The overall atmosphere is calm and serene.

10분 명상 가이드

요즘 힘들어 하는  
당신을 위해

명상