



# zafu is a movement ▶▶▶

we believe  
meditation  
should be  
practiced **daily.**



**start.**

**learn.**



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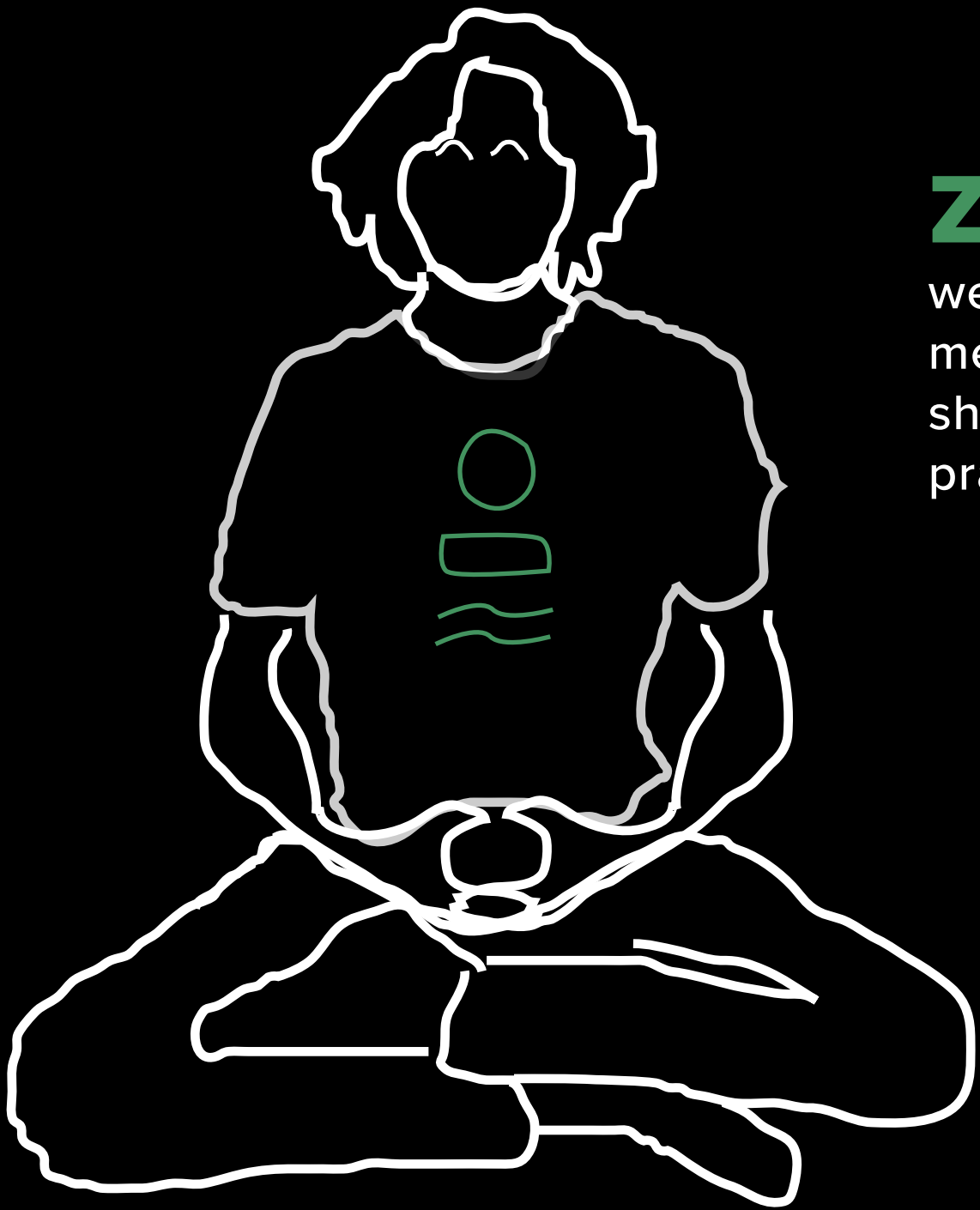


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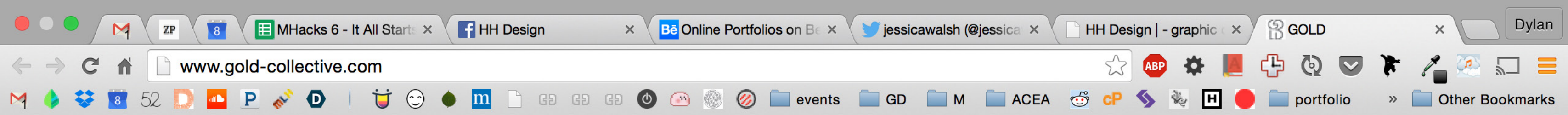


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