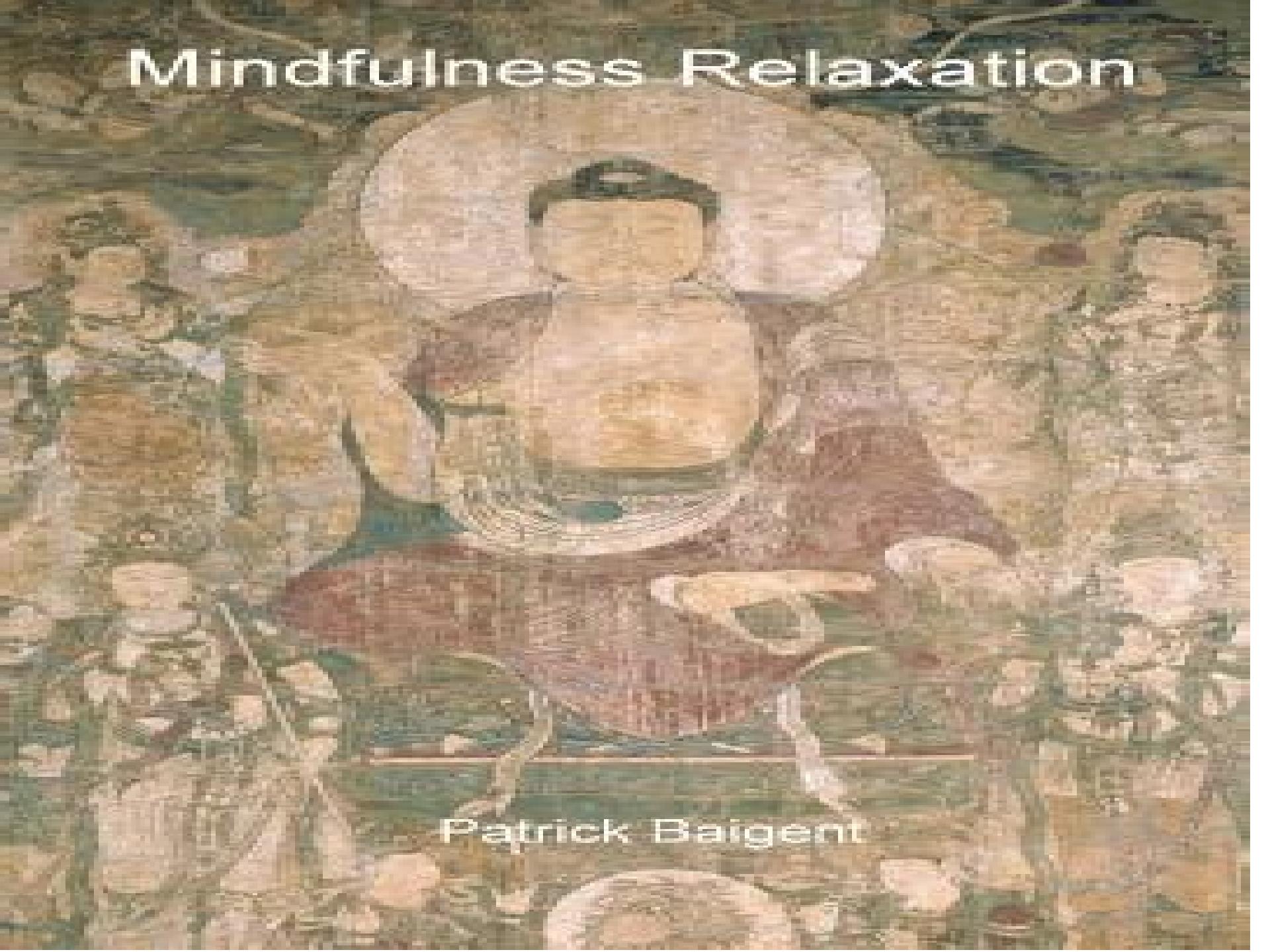


Mindfulness Relaxation

A painting of a person in a meditative pose, sitting cross-legged on a mat. They are holding a small, lit candle in their hands. A small bowl sits on the mat next to them. The background is a textured, earthy surface.

Patrick Baigent

Path Relaxation Patrick Baigent

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Mindfulness

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