

A serene landscape featuring a large, leafy tree on the right side of a grassy bank. A wooden bench is positioned under the tree. The scene is reflected in a calm body of water in the foreground. The overall color palette is dominated by greens and blues, with a soft, hazy atmosphere.

*Conosci te stesso
purifica te stesso
realizza te stesso*

www.equilibrioyoga.it

**Padre Anthony
Elenjimitam**