

A woman with her hair in a bun, wearing a green long-sleeved top and blue pants, is sitting in a meditative lotus position in a shallow stream. The water is clear and reflects the surrounding greenery. Sunlight filters through the trees in the background, creating a peaceful atmosphere. A red banner with white text is positioned at the top of the image.

SCIENCE-BACKED STRESS RELIEF

Edition Time

Stress Relief 2025 Edition

Katrin Zwirgmaier



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