

A woman with long dark hair is meditating in a lotus position on a swing set. She is wearing a green sports bra and black shorts. Her hands are in a prayer position (Anjali Mudra) at her chest. The swing set is on a sandy beach. In the background, there is a large, weathered statue of a man with long hair, sitting in a meditative pose. The sky is clear and blue. The text 'SRI BABAJI' is written in a stylized, blue, outlined font at the top of the image.

SRI BABAJI

**OM NAMAH
SHIVAYA**

PADMASANA YOGA FLOW BY JANINE CLAUDIA NIZZA

SEPTEMBER 2012

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