

A woman with long brown hair, wearing a white sleeveless top and white leggings, is kneeling on a grassy hill. She is in a meditative pose with her hands pressed together in a prayer position (Anjali Mudra) and her eyes closed. The background features a steep, green mountain slope with patches of white snow or light-colored rock. A large, semi-transparent, light gray shape on the right side of the image contains the text "Stress Release".

# *Stress Release*

# Go Within Release Stress And Change For The Better Now

**Kit Yarrow**



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