

A woman and a young girl are practicing yoga in a forest. The woman is in a wide-legged warrior pose (Virabhadrasana II) with her arms extended horizontally. The girl is in a similar pose, also with her arms extended. They are on a wooden deck. The background is a large, ancient tree with thick branches and green leaves. The word "Exhale" is written in large, white, serif font across the center of the image.

Exhale

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