

Prompt



Close-up image: a light beige yoga mat laid on the floor, alongside natural wooden blocks and a cream-sand coloured wellness bottle. Style — realistic, minimalist, editorial; resolution 4K, shallow depth of field. Main object: mat with detailed rubber or cotton texture, wooden blocks in light wood tone, matte surface bottle. Composition: mat occupies lower part of frame, blocks placed diagonally to the right, bottle to the left in blurred background. Background: light neutral floor (sand/ivory) and subtle wall in cream tone. Lighting: natural side light, warm temperature, soft shadows. Color palette: sand (#D8C7B6), ivory (#F7F4EE), light natural wood (#C9B29C). Atmosphere: serenity, lightness, movement readiness. Visual associations: wellness ritual, calm start, clean aesthetic.



Neuro_juls

Neuro_juls

Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic calm scene in a bright yoga studio. The female instructor is in the child's pose (Balasana): her body is gently folded forward, her forehead touches the surface of the mat. The arms are stretched far forward, the palms are open, the fingers are pointing forward, creating a feeling of deep relaxation and complete surrender to the pose. The shoulders are lowered, the muscles of the back are elongated, the line of the spine is smooth and naturally elongated. The breath is transmitted through the softness of the form. The makeup is natural, the skin is matte; the manicure is milky. The hairstyle is neatly assembled, emphasizing purity and harmony.

Clothing is soft, elastic, light, made of breathable material that follows the line of the body without emphasizing the figure. The fabric is smooth, calm, and fits perfectly with the meditative atmosphere of the studio.

The space is designed in a neutral, clean palette: light walls, soft beige and warm gray shades. The floor is made of natural warm wood with a lively texture. The light is diffused, soft, and creates smooth highlights and flowing shadows along her arms, back, and rug. The atmosphere is full of tranquility, silence and deep relaxation.

The composition is centered, with the camera at floor level, slightly to the side, emphasizing the rounded lines of the pose and the meditateness of the moment. The moderate depth of field makes the instructor's figure clear, and the background is soft and enveloping.

Ultra-detailed, hyper-realistic, soft ambient lighting, warm wooden textures, serene minimalistic studio, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic dynamic scene in a bright yoga studio. The female instructor performs the raven pose (Bakasana), balancing on her hands. Her palms are pressed tightly and widely against the surface of the mat, her fingers are spread out, creating a powerful, stable support. The elbows are bent at a precise angle and pointed backwards, forming a clean geometry of the pose. The knees rest gently on the upper part of the arms, the body is assembled and slightly tilted forward, holding a strong center of gravity.

The head is raised, the gaze is directed forward — focused, calm, confident. The lips are relaxed. Natural makeup, matte skin, milky manicure. The hairstyle is neatly assembled, emphasizing the purity and discipline of practice.

She is wearing comfortable, stretchy light-colored clothes - soft, breathable fabric that fits smoothly and without excessive folds, without restricting movement. The material emphasizes the dynamics of the pose and the line of the body, while remaining neutral and harmonious.

The studio is decorated in a minimalistic warm aesthetic: light walls, natural wood floors, several green plants in the corners. The lighting is soft and diffused, creating smooth highlights on the skin, smooth shadows along the arms, shoulders and under the body. The air feels clean, calm, filled with concentration and silence.

The camera is positioned at floor level, slightly to the side, emphasizing the complexity of balance and a powerful silhouette. Moderate depth of field: the figure is in perfect focus, the background is softened gently.

Ultra-detailed, hyper-realistic, soft warm lighting, crisp yoga textures, serene studio atmosphere, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic aerial scene in a bright modern studio for aerial yoga. The female instructor is elegantly hanging in an airy hammock made of soft, flowing fabric. Her body is in an inverted position: the body is freely stretched out, the back forms a smooth curve, the hips are supported by the tight tension of the canvas. The fabric gently and confidently wraps around her legs and lower back area, creating a stable, harmonious suspension. The fingers are either gently pointing downwards or slightly spread out in a natural gesture of balance. The face is calm, the expression is focused, the lips are relaxed, the eyes are closed or gently opened. Natural makeup, matte skin, milky manicure. The hairstyle is neatly assembled, emphasizing the purity and concentration of the moment.

The clothes are lightweight, stretchy, made of breathable material with clean lines, ideal for practicing aeroyoga. The fabric repeats the movements of the body, creating an atmosphere of weightlessness.

The room is a spacious studio with a high ceiling and fasteners for aerial canvases. The color palette is light and calm: soft cream and pastel shades of the walls, warm wooden flooring, several neatly arranged plants that create an atmosphere of freshness. The space is minimalistic, harmonious, without visual noise.

The lighting is soft, warm, and slightly diffused, creating gentle chiaroscuro transitions across the body and fabric of the hammock. Light highlights on the legs, arms and the curve of the body emphasize the smoothness of the line and the feeling of lightness. The light highlights the structure of the light fabric, its transparent areas and soft folds.

The composition is centered, with the camera positioned just below body level to enhance the feeling of height and lightness. The moderate depth of field keeps the instructor's figure and hammock in focus, and the background is slightly softened.

Ultra-detailed, hyper-realistic, soft warm lighting, aerial yoga atmosphere, floating motion, crisp natural textures, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic calm scene in a cozy yoga and meditation room. The female instructor lies in the bound angle position (Supta Baddha Konasana): her back rests completely on the soft surface of the carpet, her chest is open, and her shoulders are relaxed. The knees are spread apart and lowered to the floor, the feet are joined together, forming a natural diamond-shaped contour. The arms lie along the body or slightly apart, palms open up, the gesture is gentle and accepting. Her eyes are closed, her expression is deep and peaceful, and her lips are relaxed. The makeup is natural, the skin is matte; the manicure is milky. The hairstyle is neatly assembled without emphasis on color, emphasizing the harmony and tranquility of the moment.

The room is filled with soft, warm light. Burning candles are located around the perimeter — their lively flickering creates gentle reflections on the floor, walls and carpet fabric. Candlelight gives the atmosphere a closeness, intimacy and a sense of security. There are small natural elements in the space: perhaps neat plants, wooden details, pastel-colored textiles. Everything is designed in the aesthetics of deep relaxation and inner harmony.

The lighting is soft, diffused, and warm — the light flows smoothly along the body line, creating soft shadows under the knees, along the arms, and on the curve of the neck. The tonal transitions are calm, velvety, and emphasize the state of rest. The texture of the carpet looks voluminous and tactile, candles give golden points of light, forming a feeling of deep meditative silence.

The composition is built from above or slightly at an angle to gently embrace the whole figure. The moderate depth of field highlights the instructor's body and creates a slight blur around the edges, preserving the intimacy of the space.

Ultra-detailed, hyper-realistic, warm candlelight, serene meditative mood, soft shadows, natural textures, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic dynamic scene in a cozy warm yoga studio. A female instructor performs a deep wheel pose (Urdhva Dhanurasana) on a soft carpet. Her body is built perfectly: her back is powerfully and smoothly arched into a high arch, her arms are fully straightened, her palms rest confidently on the carpet, and her fingers are spread wide. The legs are tense, the feet firmly fix the support, the hips are raised high, forming a harmonious line of the whole body. The face is directed back and down, the lips are relaxed. Natural makeup, matte skin, milky manicure. The hairstyle is neatly assembled, without emphasis on color, emphasizing the purity of the image and concentration.

Clothing is a comfortable, light-colored form for practice, made of soft, elastic material that freely supports movement. The fabric is smooth, breathable, and emphasizes the precision of the built pose, without focusing on the figure.

The studio is decorated in a warm, intimate aesthetic: soft shades of beige, warm wood, pastel walls. There are five green plants around the perimeter, creating a feeling of natural freshness. The space has warm, soft lighting — diffused, cozy, without harsh shadows, emphasizing the curvature of the body, smooth lines and depth of pose. Light accents are placed on the carpet, arms, shoulders and the arch of the back, giving the scene a sculptural appearance.

The composition is centered, the camera is positioned at floor level, in a slight diagonal, emphasizing the magnitude of the deflection and the strength of the pose. The moderate depth of field makes the instructor crystal clear, and the background is soft and atmospheric.

Ultra-detailed, hyper-realistic, warm studio lighting, natural textures, serene yoga atmosphere, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic dynamic scene on a spacious outdoor terrace with panoramic views of the modern city. A female yoga instructor performs a stand in the bow pose (Dandayamana-Dhanurasana), maintaining a high balance on one leg. Her supporting leg is smooth and stable, the body is smoothly tilted forward, creating an elongated diagonal. The other leg is raised back and up, her hands firmly hold the instep of the foot, forming an elegant, powerful curve of the body. The line of arms and outstretched legs creates an expressive arc. The eyes are gently focused forward, the gaze is calm and confident. The lips are relaxed. The makeup is natural, the skin is matte. The hairstyle is neatly assembled, emphasizing concentration and concentration, without specifying the color.

She is wearing light, comfortable clothes for practice — elastic, breathable, with clean lines, sitting straight and supporting freedom of movement. The material conveys a soft tactility and is suitable for active balance.

The terrace is designed in a minimalist modern style: smooth flooring, glass fences, creating a feeling of open space. Behind her is a panoramic urban landscape: skyscrapers with glass facades, architectural lines reflecting the soft daylight. The city is slightly blurred by the depth of field, while maintaining detail and scale.

The lighting is natural, smooth, with soft shadows. The light emphasizes the strength, flexibility and precision of the pose, emphasizes the lines of the arms, legs and body. Warm hues are reflected on the glass and metal of urban buildings, creating a harmonious combination of urbanism and the tranquility of yoga practice.

The composition is centered, the camera is at chest level, with a moderate portrait depth of field: the figure is crystal clear, the background is softer, but readable. The atmosphere is confidence, balance, concentration and harmony of body dynamics in contrast to the urban rhythm.

Ultra-detailed, hyper-realistic, natural soft daylight, crisp yoga posture lines, panoramic urban backdrop, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic meditation scene in a minimalistic light studio. A yoga instructor sits on a soft textured yoga mat in the Lotus Pose. The body is straightened, the spine is smooth and stable, the shoulders are gently lowered. Her hands are resting on her lap in the Gyan mudra: the fingers are relaxed, the gesture symbolizes deep concentration and inner clarity. The eyes are softly closed, the facial expression is calm, peaceful, the lips are relaxed. The makeup is natural, the skin is matte. A milky manicure. The hairstyle is neatly assembled, clean and restrained, without an emphasis on color.

She is wearing comfortable light meditation clothes made of soft elastic material with clean lines that emphasize the calmness and purity of the image. The fabric is smooth, breathable, perfect for practice.

The studio is minimalistic: space, light, natural materials. The floor is warm wood, slightly reflecting light glare. There are large floor-to-ceiling windows along the wall, covered with thin translucent curtains. The soft golden light of the morning sun flows through them, forming warm rays and delicate chiaroscuro transitions on the floor, mat and soft folds of clothing.

Next to it is a small holder with a thin, steaming stick of incense: a stream of smoke rises up in a soft, smooth line. There is a cup of warm herbal tea nearby, creating an atmosphere of comfort and full-fledged meditation. All objects are neatly arranged and maintain a sense of harmony and simplicity.

The color palette is warm, light, and soft: natural beige, golden, and cream shades. The lighting is diffused, warm, emphasizing the tactility of the materials and the absolute peace of the moment.

The composition is centered, the camera is positioned at eye level of a seated person, with a moderate depth of field: the instructor is in perfect focus, the background is slightly softened. The atmosphere is deep silence, inner concentration, pure meditative energy.

Ultra-detailed, hyper-realistic, warm sunlight, soft shadows, serene minimalistic studio, crisp textures, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic dynamic scene on a sandy beach in the rays of a bright sunset. The female yoga instructor stands in a strong, stable warrior II pose (Virabhadrasana II): the front leg is bent at a precise angle, the back leg is straightened and confidently fixed in the sand. The body is turned to the side, the shoulder line is clearly horizontal. Her arms are fully extended in opposite directions — strong, even, with a soft elongation in the hands. The head is turned forward, the gaze is directed along the front arm, calm and focused. The lips are relaxed. The makeup is natural, the skin is matte. A milky manicure. The hairstyle is neatly assembled, emphasizing the harmony and composure of the image.

She is wearing light, breathable yoga clothes in a light shade, made of elastic, soft material with smooth, clean lines. The fabric fits loosely, swaying slightly in a light breeze, creating a sense of movement and freedom.

The background is a picturesque beach with a soft surf line: the wave gently touches the sand, leaving a subtle mirror shine on the surface. The sky shimmers with warm shades of orange, pink and soft golden tones, smoothly turning into deeper evening colors. Light clouds are illuminated by the sun's rays, enhancing the sensuality of the scene.

The lighting is natural, warm, and comes from a low sun on the horizon. It highlights the profile line, reflects on the skin and gently highlights the contours of clothing, creating depth and light long shadows. The sandy surface is illuminated with a golden glow, enhancing the feeling of calm and harmony.

The composition is centered, the camera is at waist level, emphasizing the strength and dynamics of the pose. A moderate depth of field leaves the figure clear, and the background is slightly blurred, preserving the picturesque and soft atmosphere.

Ultra-detailed, hyper-realistic, warm sunset lighting, soft breeze motion, serene beach environment, crisp natural textures, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

A photorealistic meditative scene on a wooden deck by a calm lake at the moment of early dawn. A female yoga instructor stands in a stable tree pose (Vrksasana), balancing on one leg. The second leg is bent and the foot is gently pressed against the inner surface of the supporting thigh. The body is straight, the shoulders are gently lowered, the spine is smooth and calm. The palms are folded at the heart in a mudra, a collected and centered gesture. Her eyes are closed, her expression peaceful, her lips relaxed. The makeup is natural, the skin is matte. A milky manicure. The hairstyle is neatly assembled, emphasizing purity and inner concentration.

The clothes are comfortable, soft, and light for morning practice, made of breathable, stretchy material with clean lines and a calm texture. The fabric fits smoothly and freely, maintaining the harmony of the pose.

The background is the quiet surface of the lake, over which a light morning mist is spreading. The surface of the water reflects the muted shades of the dawn sky. On the far shore there is dense greenery: trees, shrubs, soft silhouettes of leaves, slightly illuminated by the golden rays of the sun. The morning light creates warm reflexes, gentle shimmers on the water and on the wooden flooring.

The lighting is natural, very soft: the golden rays of dawn form delicate transitions of light on skin, clothing and surrounding objects. The shadows are long and soft, creating a feeling of warmth and the beginning of the day.

The composition is centered, with the camera at the chest level of a standing person. The moderate depth of field highlights the figure, leaving the background slightly blurred but picturesque. The whole space is filled with silence, the steady breathing of nature and a sense of inner balance.

Ultra-detailed, hyper-realistic, warm sunrise lighting, soft mist, serene lakeside atmosphere, crisp natural textures, 8k quality, portrait DOF.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Hyper-realistic sacred aesthetic scene in the style of spiritual tech art. A vertical frontal shot focused simultaneously on the woman's face and the complex metal structure behind her back. The woman sits strictly in the center of the composition, on the axis of symmetry, surrounded by floating elements of a complex geometric mandala. The mandala is made of metal circles, bronze-gold lines, thin ornamental arcs and crystals suspended at different depths, creating the effect of a multi-layered mechanism similar to an astronomical instrument. Metal elements form rotating circles, intersecting contours, and structures resembling celestial spheres and orbits.

The woman sits straight, with a collected posture. The hands are joined at the chest in the Anjali mudra gesture, the palms touch, but the fingers are partially hidden behind the folds of clothing. She is wearing a cream-colored suit made of natural fabric: loose, straight trousers and a scented tunic that forms soft diagonal folds. The texture of the fabric is matte, dense, with natural lines of folds. Her hair is neatly gathered into a smooth bun, emphasizing the openness of her face and the purity of her silhouette.

The light is soft, warm, symmetrical — two light sources on the sides, creating smooth highlights on the skin and emphasizing the relief of the metal. The light transitions are delicate, without harsh shadows; the warm glow makes the metal elements of the mandala look like a living mechanism, slightly vibrating in space. The crystals inside the structure give subtle sparkling reflections, enhancing the feeling of mystical movement.

The background is completely filled with a mandala, but the depth is highly variable: the near elements are sharpened, the far ones are slightly softened, which creates a sense of spatial layering. The camera is frontal, static, and aligns the composition around the center of the face. The focus is clear, hyper-realistic, conveying the textures of the skin, the fabric of the suit, the mirror-matte metal surfaces and the carvings of the ornaments.

The whole visual aesthetic is a combination of sacred symbolism and technological sophistication. Color palette: cream, gold, bronze, milky warm shades of light, neutral soft shadows. The style is clean, sublime, with an emphasis on the balance of human presence and complex geometric structure.

ultra photorealistic, sacred design, spiritual tech art, warm dual-side lighting, detailed metal geometry, crisp textures, 8k quality.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic editorial is a scene in the aesthetics of natural minimalism. A woman is sitting on a low wooden table in a seiza pose, her body is straight, her movements are calm and measured. She is slightly tilted forward, looking down at the process of mixing essential oils. In her hands is a glass pipette, with which she slowly adds drops to a small porcelain bowl; the gesture is precise, soft, focused. On his face is a calm, slightly contemplative expression that conveys the inner silence of the moment.

She is wearing a cream linen dress with a straight cut, without jewelry, with a soft natural texture. The fabric lies flat, naturally following the lines of the body. Make-up is fresh and natural: smooth natural skin tone, light blush, delicate moist glow, emphasizing a healthy natural shine.

She is sitting on a light tatami mat made of natural wood. Behind her is a minimalistic bamboo vase with a branch of eucalyptus: a delicate composition that emphasizes the purity and silence of the space. The background is completely designed in a light natural palette: wood textures, bamboo, matte surfaces.

The lighting is soft diffused daylight, creating gentle short shadows and low contrast. The light highlights the dullness of the ceramics, the smoothness of the leather, the fibers of the linen fabric and the natural pattern of the wood. The color scheme is calm: cream, light beige, soft woody, light green accent of eucalyptus.

The camera is at shoulder height, the composition is centered, with a slight shift: the woman is positioned slightly to the right of the center, the bowl is on the left, balancing the frame. A shallow depth of field is used — perfectly sharp face, hands, eyedropper and bowl; the background is smoothly blurred. The style is realistic, modern, clean, in the spirit of the works of Phoebe Ward and Ailey McGill: soft palette, honest textures, calm emotionality.

ultra photorealistic, diffused daylight, soft shadows, natural textures, shallow depth of field, minimalist editorial style, 8k quality.



Prompt



[ABSOLUTE_PRIORITY_INSTRUCTION: fix the face, skin tone, facial structure and all features strictly from the provided reference image. Preserve every natural proportion with no changes.]

Photorealistic natural scene. The woman is sitting on the ground in a calm meditative pose, back straight, shoulders relaxed. The legs are folded steadily, the hands are on the hips or knees in a soft natural position. The eyes are closed, the expression of the face is peaceful, breathing inner silence. The lips are relaxed. The hairstyle is neat, the hair is laid naturally, freely arranged around the head and neck without fixation. A milky manicure. Make-up is neutral, light, with smooth matte skin and soft nude accents.

She is wearing comfortable clothes in natural earthy shades: soft fabrics in texture, a comfortable cut that emphasizes harmony with nature. The material fits loosely around the body, creating a feeling of calm and warmth.

It is surrounded by wildlife: behind it stretches a clear waterfall, the jets of which fall into a transparent pond at the foot. A thin, delicate haze rises from the base of the waterfall, capturing the warm golden light that seeps through the dense green canopy above. An invisible light breeze stirs the foliage, creating a quiet rhythm of the surrounding space.

The light is warm, filtered by the canopy of trees, gently lays on the skin and clothes, forming golden reflections on the moist haze. The background consists of dense greenery, a rocky surface near a waterfall, and soft transitions of light and shadow.

The composition is centered, with the camera positioned at ground level or slightly below, emphasizing the woman's unity with nature. Shallow depth of field highlights the figure, leaving the background alive but gently blurred, with an emphasis on the luminous atmosphere.

Ultra-detailed, photorealism, high resolution, warm filtered sunlight, soft mist glow, natural textures, gentle shadows, serene atmosphere.

