

A close-up photograph of a hand wearing a white golf glove, holding a white golf ball on a white tee. The background is a soft, out-of-focus sunset over a green field. The sun is low on the horizon, creating a warm, golden glow. The overall mood is serene and focused.

あの人のお話

元プロゴルファーに学ぶ
力学・マインドフルネスのお話