Aura Ta'var breathed in and out, slowly but surely. She was seated with her legs crossed on a backless poof in the center of a circle of sand. As she breathed, the sand shifted around her, like small waves, but without any wind. She wore simple garments as if getting ready for a morning run. Her short hair fell where it wanted to, beholden to no one. Her expression was calm and focused. Her hands rested in her lap. Inside the Force, she felt waves of blue energy and sparks of light rock with them.