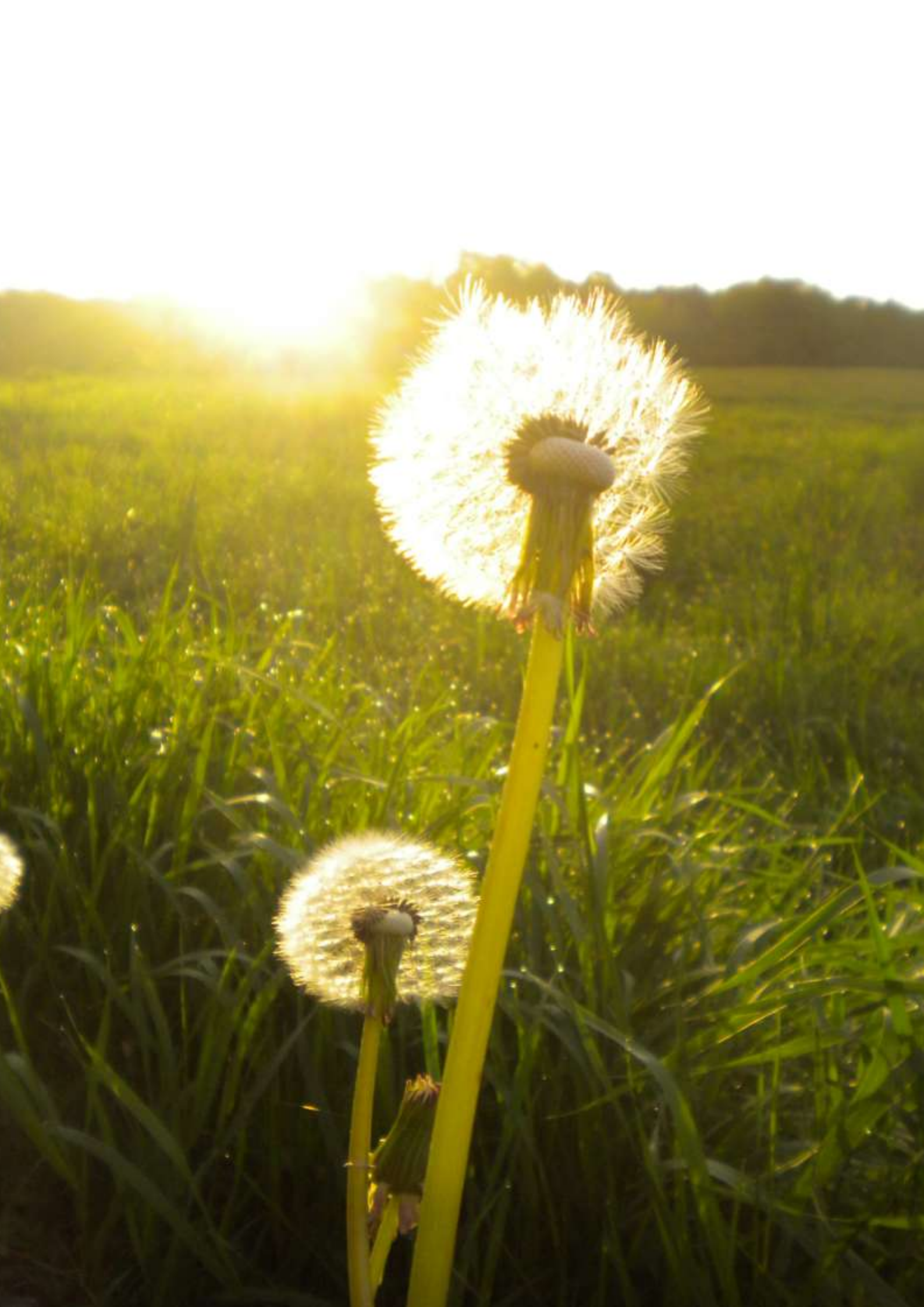
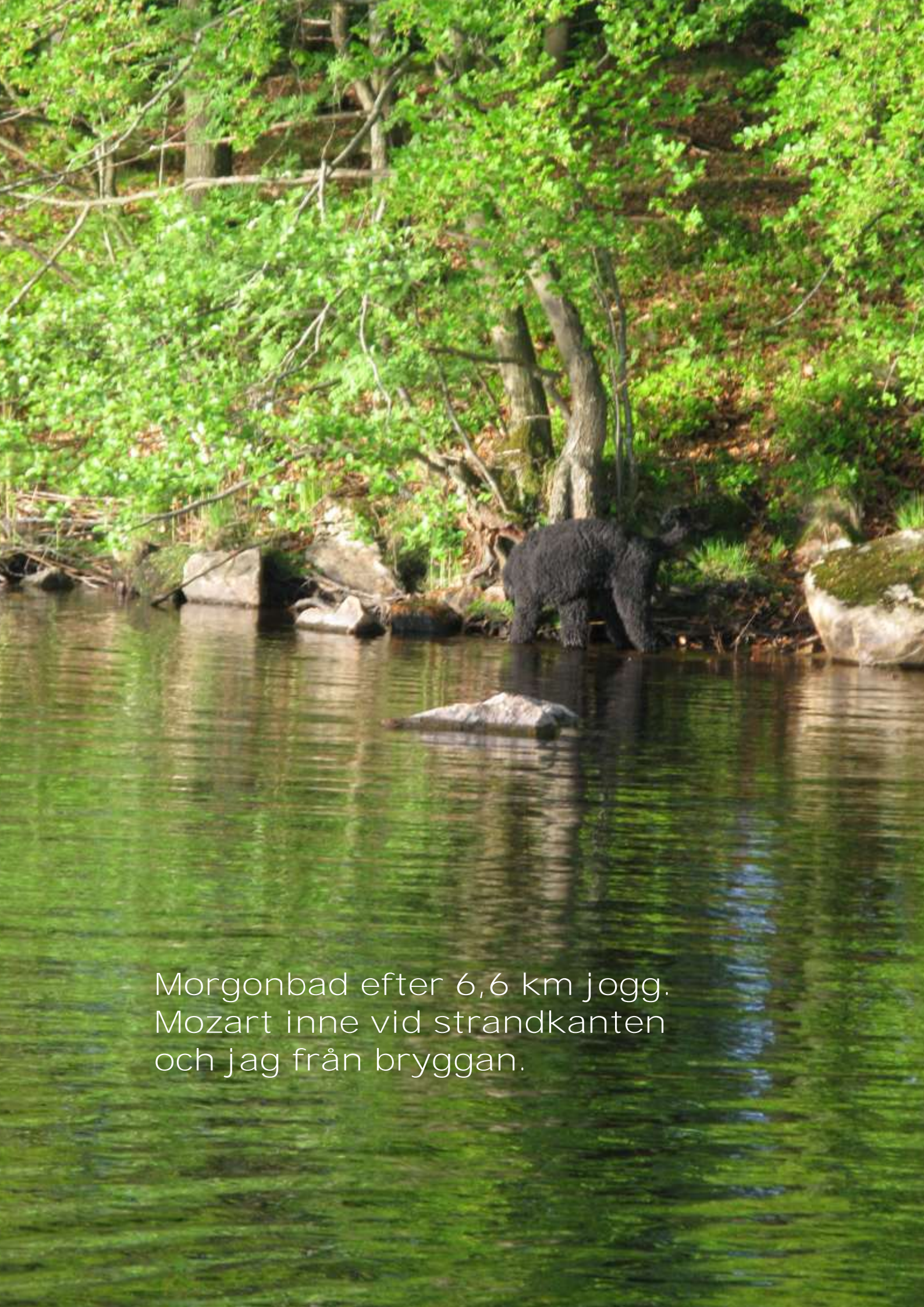
A photograph of a field of tall grass with a dandelion seed head in the foreground. The sun is low in the sky, creating a bright, hazy glow and illuminating the scene from the left. The text is overlaid on the right side of the image.

Goomorron!  
En Härlig Morgon!  
Mozart å jag tog en  
morgonjogg.  
Kunde inte låta bli att stanna  
när jag såg hur solen belyste  
Maskrosfröna.  
Även en liten fickkamera kan!







Morgonbad efter 6,6 km jogg.  
Mozart inne vid strandkanten  
och jag från bryggan.





Klockan


6:20

Vattentemperaturer

OUT

14.3°C



A photograph showing a person lying face down on a massage table in a treatment room. The person's back is exposed, and they are covered with a white towel from the waist down. The room has a tiled floor and white paneled walls. In the background, an open doorway reveals another room with wooden walls and a table with chairs. The text "En helt okej onsdag! Erikslund och Börjessons." is overlaid on the lower right portion of the image.

En helt okej onsdag!  
Erikslund och Börjessons.