

A man in a purple robe is sitting in a meditative pose on a light blue mat in a room with large windows. The windows look out onto a dramatic scene of a typhoon with dark, swirling clouds and crashing waves. The man is sitting on a light blue mat, and a small red object is on a wooden table in front of him. The room has dark wood floors and a large potted plant on the left side.

SUPER TYPHOON

Day 73

50-Minute Mindfulness & Let Go Meditation

Featuring the natural sound of Super Typhoon Yagi

Viral Hit Mindfulness Meditation

Ying-Ying Zheng



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