

A man in a purple robe is sitting cross-legged 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 looking directly at the camera with a calm expression. The room has dark wood flooring and a small wooden table in front of him.

SUPER TYPHOON

Day 73

50-Minute Mindfulness & Let Go Meditation

Featuring the natural sound of Super Typhoon Yagi

Viral Hit Mindfulness Meditation

Susan Albers



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