

A man with a beard, wearing a black t-shirt and dark pants, is sitting in a meditative pose on a blue mat on a light-colored wooden floor. He is facing left, with his eyes closed and hands resting on his knees. In the background, to the left, is a large gong hanging from a black metal frame. To the right, there is a small altar with several lit yellow candles and a white ceramic object. The room has a textured grey wall and a window on the left side, letting in natural light.

3-SYNC

MEDITATION (30 MIN)