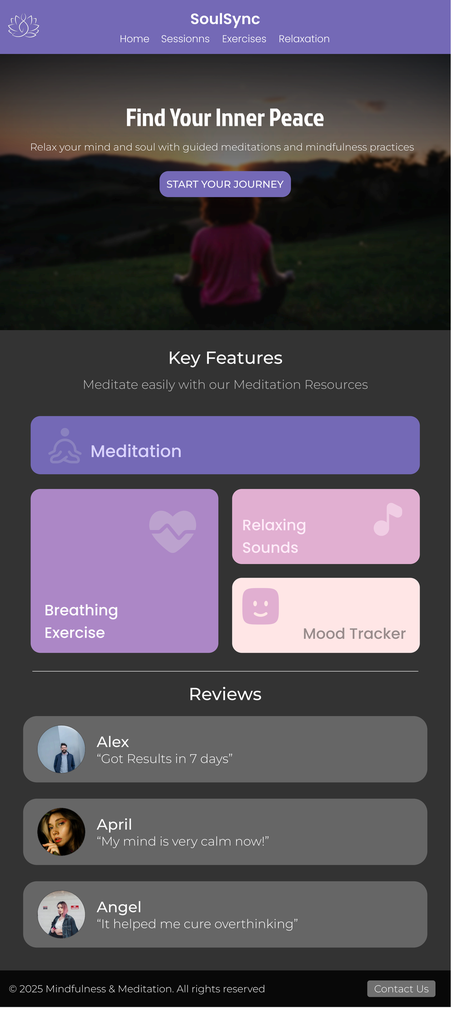
SoulSync
Home Sessionns Exercises Relaxation
Find Your Inner Peace
Relax your mind and soul with guided meditations and mindfulness practices
START YOUR JOURNEY
Key Features
Meditate easily with our Meditation Resources
Meditation
Breathing Exercise
Relaxing Sounds
Mood Tracker
Reviews
Alex
"Got Results in 7 days"
April
"My mind is very calm now!"
Angel
"It helped me cure overthinking"
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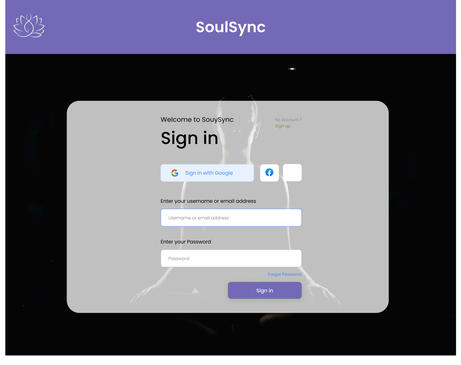
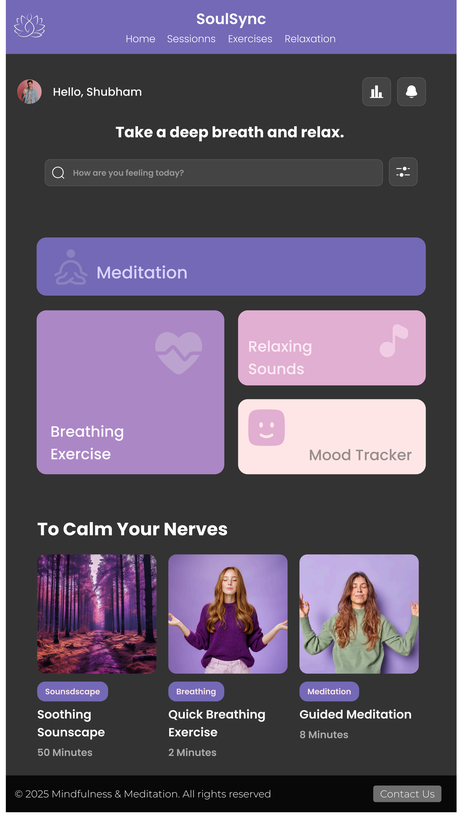

SoulSync
Welcome to SoulSync
Sign in
Sign in with Google
Enter your username or email address
Enter your Password
Sign in


SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Take a deep breath and relax.
How are you feeling today?
Meditation
Breathing Exercise
Relaxing Sounds
Mood Tracker
To Calm Your Nerves
Soundscape
Soothing Sounscape
50 Minutes
Breathing
Quick Breathing Exercise
2 Minutes
Meditation
Guided Meditation
8 Minutes
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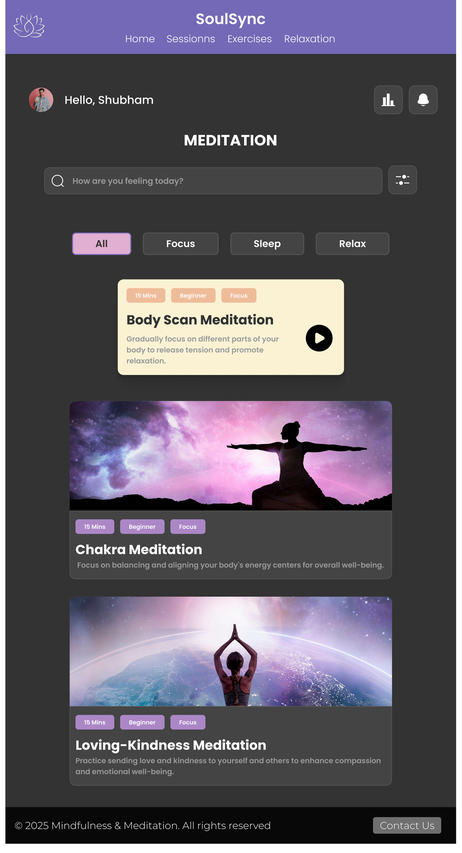
SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
MEDITATION
How are you feeling today?
All
Focus
Sleep
Relax
15 Mins
Beginner
Focus
Body Scan Meditation
Gradually focus on different parts of your body to release tension and promote relaxation.
Chakra Meditation
Focus on balancing and aligning your body's energy centers for overall well-being.
Loving-Kindness Meditation
Practice sending love and kindness to yourself and others to enhance compassion and emotional well-being.
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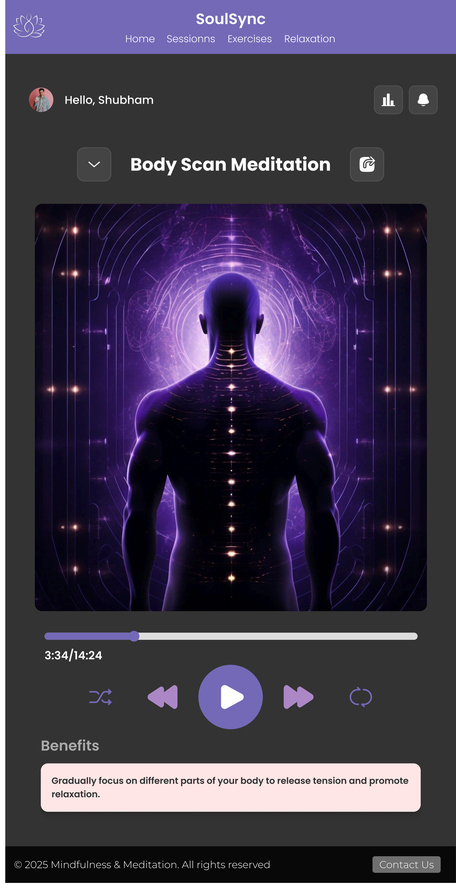
SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Body Scan Meditation
3:34/14:24
Benefits
Gradually focus on different parts of your body to release tension and promote relaxation.
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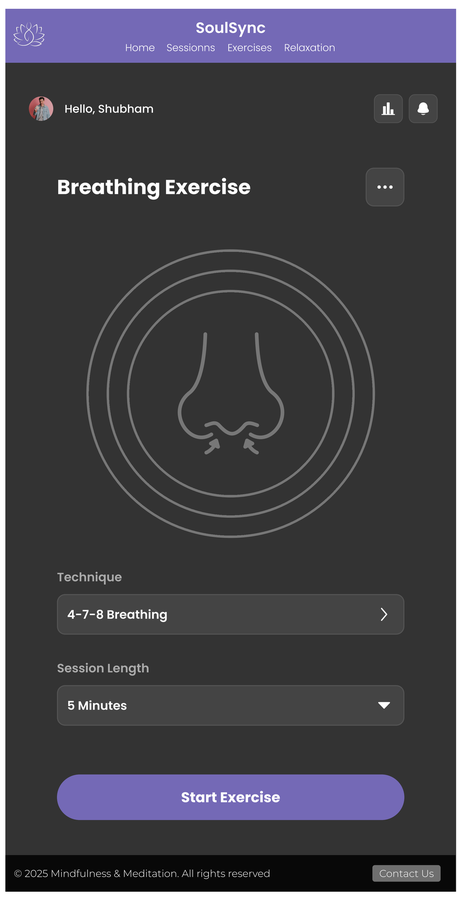
SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Breathing Exercise
Technique
4-7-8 Breathing
Session Length
5 Minutes
Start Exercise
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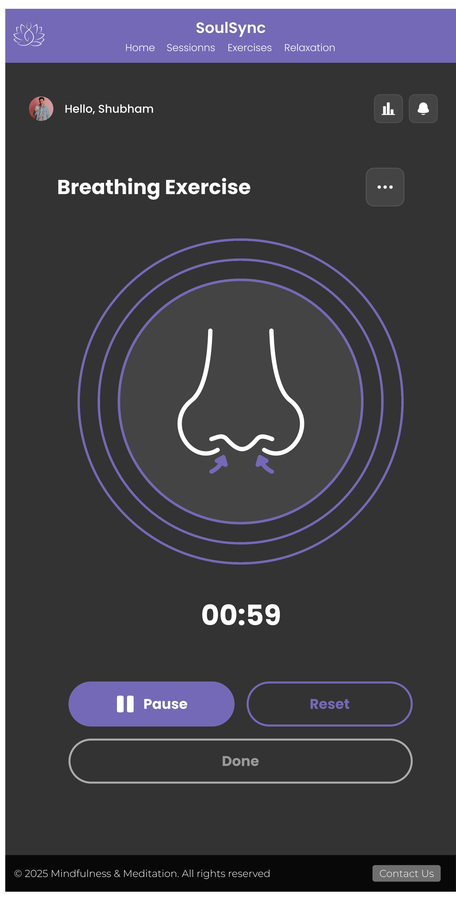
SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Breathing Exercise
00:59
Pause
Reset
Done
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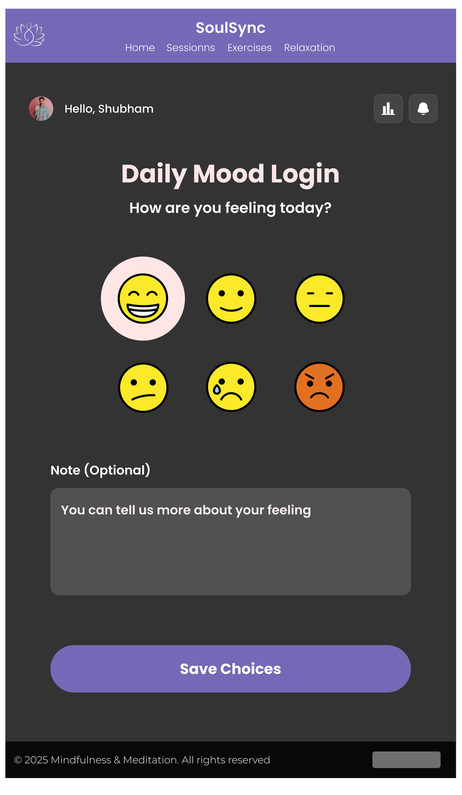
SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Daily Mood Login
How are you feeling today?
Note (Optional)
You can tell us more about your feeling
Save Choices
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SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Daily mood log complete!
Happy Mood
Wow, Great! You feel happy today! Keep it up!
Weekly Report
Mon
Tue
Wed
Thu
Fri
Sat
Sun
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SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Choose a sound to relax, focus, or sleep.
Search
All
Focus
Sleep
Relax
Nature
Nature Sound
Amour D'oiseau
La Nature
Rain & Birds
Mind & Body
Mori no Tori
Shiroma Rin
Relaxing Music
Life of Hope
Leo Mano
A World Away
Kaleido Young
Starlit Solace
Tranquil Nova
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SoulSync
Home Sessionns Exercises Relaxation
Hello, Shubham
Rain & Birds
1:34/5:24
Benefits
Gradually focus on different parts of your body to release tension and promote relaxation.
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