

A stylized illustration of a woman with brown hair in a bun, wearing a dark blue long-sleeved top and brown pants, sitting in a meditative lotus position. She has her eyes closed and a peaceful expression. The background is a soft-focus forest scene with green foliage and small pink flowers. Overlaid on the image is the text 'Welcome' and 'Please tell us who you are'.

Welcome

Please tell us who you are

EU LOGIN

USE WITHOUT LOGIN

You don't have account yet ? No problem, just **SIGN UP**



Hi Piotr

Welcome to EC Zen Health

Everything is setup, you can start your
meditation journey now

GET STARTED

eUI Focus session 🎵

Ambient sounds of eUI spirits



1:30

8:30

FINISH SESSION