

An illustration of a person with dark hair and closed eyes, sitting in a meditative pose with hands clasped in a prayer position. The person is wearing a light-colored, long-sleeved top. To the right of the person is a white, textured vase containing several green plants with serrated leaves and a single white flower. The background is a soft, light brown gradient. The text 'ZEIT FÜR MICH' is written in a bold, teal, sans-serif font across the middle of the image. In the bottom right corner, there is a circular logo with a white background and a dark brown heart shape containing a white cross.

ZEIT FÜR MICH

