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| Date:   * Simple awareness. * Body scan. * Seated meditation with focus on the breath. |  |
| Date:   * Simple awareness. * Body scan. * Seated meditation with focus on the breath. |  |
| Date:   * Simple awareness. * Body scan. * Seated meditation with focus on the breath. |  |
| Date:   * Simple awareness. * Body scan. * Seated meditation with focus on the breath. |  |
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