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| --- | --- |
| Date:   * Three minute breathing space. * Mindful movement. * Mindful walking |  |
| Date:   * Three minute breathing space. * Mindful movement. * Mindful walking |  |
| Date:   * Three minute breathing space. * Mindful movement. Mindful walking. |  |
| Date:   * Three minute breathing space. * Mindful movement. * Mindful walking. |  |
| Date:   * Three minute breathing space. * Mindful movement. * Mindful walking. |  |
| Date:   * Three minute breathing space. * Mindful movement. * Mindful walking. |  |