

# Title

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## 1 What is the Method?

Describe the method here. Provide a brief introduction, its significance, and any relevant background information.

## 2 Pre-requisites

List the necessary background knowledge or required software/tools for this session. You may use an itemized list:

- If you want to use a hyperlink, use [this](#)
- If you want to use a codeblock, use it like this:

`Give the command for the code block`

## 3 What We'll Do Over the Session

Outline the key activities and objectives of the session:

1. Step 1
2. Step 2
3. Step 3