

MODULE ONE

WEEK ONE

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Sound Meditation

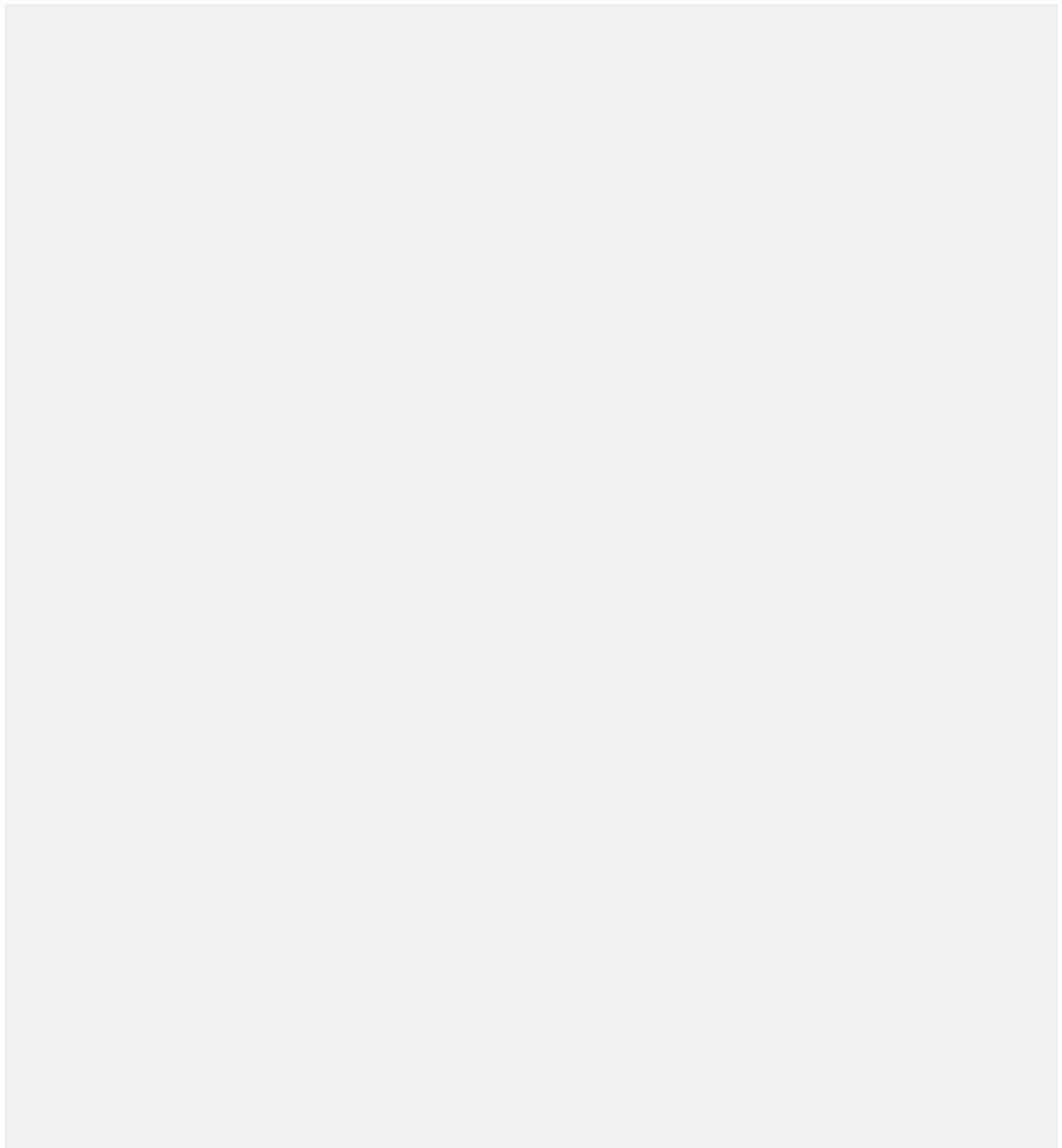
Practitioner



STRATFORD SCHOOL OF
MEDITATION

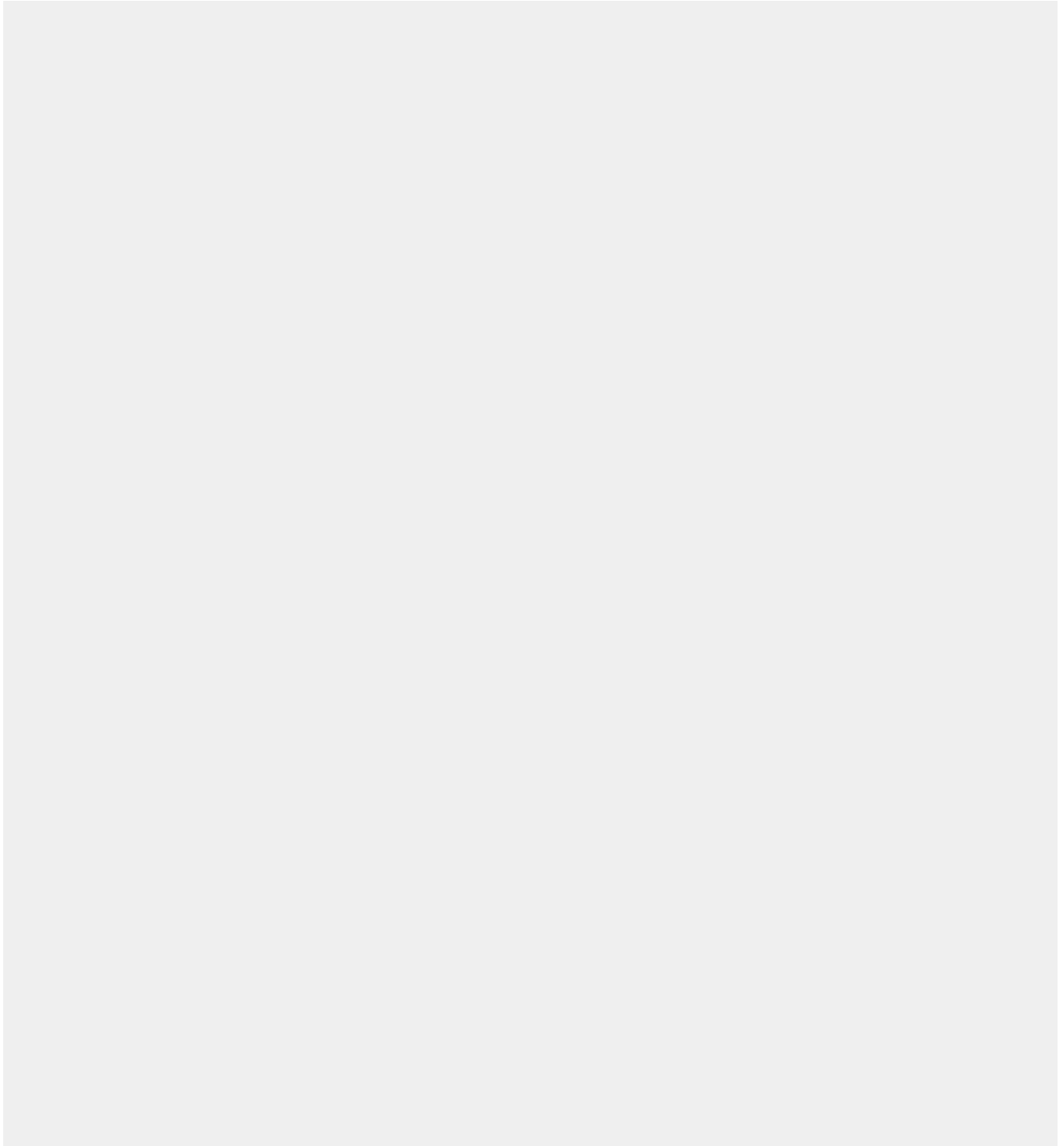
Let's Explore

What does meditation mean to YOU? Explore your thoughts here

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Let's Expand

Now that you have completed week one, what does meditation mean to you?

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