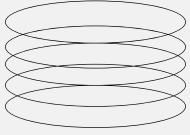
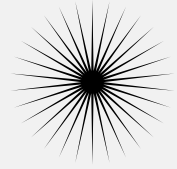


Meditation



Week 2- Self Compassion Meditation Exercise

Reflections: What came up in each area?

Overall Reflections	
Body	
Mind	

