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Name (Names for group session)	Session Date	Email	Phone	Session Notes	Self Observation	Client Feedback
Matt Casey	Jan 31 2021	Matt	416-999-9999	Client went very deep. Had emotional release. Seemed to struggle at first then got into it and broke through.	Had trouble remembering the meditation fully then just went with the flow. Loved being able to connect with people prior to the session which I thnk helped put them at ease.	Gio loved his first session. Was shocked such an experienc was even possible through breathing.