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# Sonic Meditation

Digital Training Complete!

This document certifies that **Elva Prohens** has completed the training "Sonic Meditation - Digital Training"

Course summary: Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

provided by EQX Group Fitness

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