## Course Intentions

WHAT DREW YOU TO THIS EXPERIENCE?

| WINT PROW 100 10 THIS OXI ORIGINES.                       |
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| WHAT DO YOU HOPE TO GAIN OR SHIFT OVER THE NEXT 12 WEEKS? |
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| HOW DO YOU WANT TO FEEL AT THE END OF THIS JOURNEY?       |
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| "AS I MOVE THROUGH THIS JOURNEY, I WANT TO"               |
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