

Used for testing purposes







Lesson 1



Column 1	Column 2	olumn 2 Column 3 Column		Column 5	
When we	When we	When we	When we	When we	
show up to	show up to	show up to	show up to	show up to	
the present	the present	the present	the present	the present	
moment	moment	moment	moment	moment	
with all of	with all of	with all of	with all of	with all of	
our senses,	our senses,	our senses,	our senses,	our senses,	
we invite	we invite	we invite	we invite	we invite	
the world	the world	the world	the world	the world	
to fill us	to fill us	to fill us	to fill us	to fill us	
with joy.	with joy.	with joy.	with joy.	with joy.	
The pains	The pains	The pains	The pains	The pains	
of the past	of the past	of the past	of the past	of the past	
are behind	are behind	are behind	are behind	are behind	
us. The	us. The	us. The	us. The	us. The	
future has	future has	future has	future has	future has	
yet to	yet to	yet to	yet to	yet to	
unfold. But	unfold. But	unfold. But	unfold. But	unfold. But	
the now is	the now is	the now is	the now is	the now is	
full of	full of	full of	full of	full of	
beauty	beauty	beauty	beauty	beauty	

simply	simply	simply	simply	simply
waiting for				
our	our	our	our	our
attention.	attention.	attention.	attention.	attention.
Cell 6	Cell 7	Cell 8	Cell 9	Cell 10

Heading

When we show up to the present moment with all of our senses, we invite the world to fill us with joy. The pains of the past are behind us. The future has yet to unfold. But the now is full of beauty simply waiting for our attention.



Finding a way

Where the road leads, I will go. Along the stark desert, across the wide plains, into the deep forests I will follow the call of the world and embrace its ferocious beauty.

CONTINUE

- 01:57



Heading

When we show up to the present moment with all of our senses, we invite the world to fill us with joy. The pains of the past are behind us. The future has yet to unfold. But the now is full of beauty simply waiting for our attention.



Finding a way

Where the road leads, I will go. Along the stark desert, across the wide plains, into the deep forests I will follow the call of the world and embrace its ferocious beauty.



"My secret power is actually a practice. I tell myself every morning that I'm on a once-in-a-lifetime adventure. So when things go wacky, I actually feel thankful that I'm experiencing something new."

- Avani Sadana

Lesson 2 of 3

Quiz 1



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01/03

iQuestion

Type your answer here

Question 1 - Choice 1



- Choice 1
- Choice 2

Question				
03/03				
Question	12 - Choice 1			
\bigcirc	Choice 1			

Choice 2

Lesson 3 of 3

Lesson 2



Heading

When we show up to the present moment with all of our senses, we invite the world to fill us with joy. The pains of the past are behind us. The future has yet to unfold. But the now is full of beauty simply waiting for our attention.