Bitácora de prácticas

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| **Nombre del participante** |  |
| **Generación** | **Mes:** \_\_\_\_\_\_Marzo-Mayo\_\_\_\_\_\_ **Año:** \_\_\_\_\_\_2021\_\_\_\_\_\_\_\_ |

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| **Fecha y hora** | **Practica PEM***(Tuza, Escucha-consiente, Recorrido del cuerpo, etc.)* | **Observaciones o comentario sobre la experiencia personal** |
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