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# **The SENTINELS at the recording studio**

This was the penultimate part of a work's team-building exercise, to form a rock band and see how the teamwork in that compared with working in an office. We spent 4 hours in a recording studio...

You can also find this article published on [The SENTINELS at the recording studio](#), and on the tag pages [recording](#), [SENTINELS](#), [Studio](#).