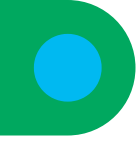
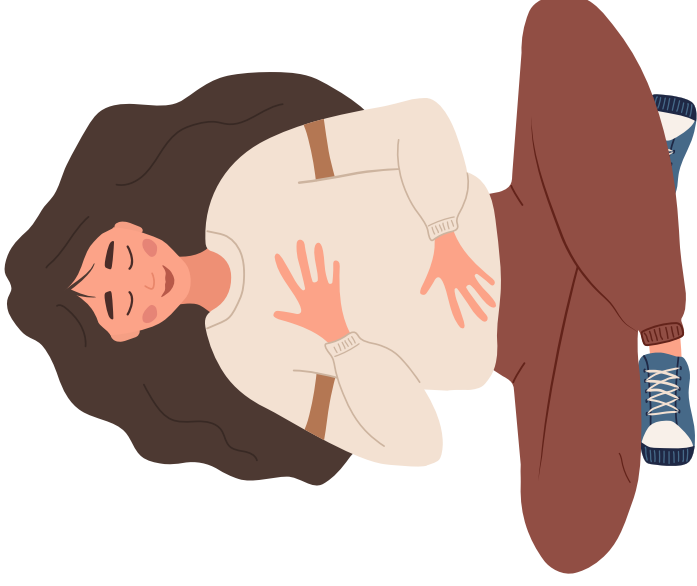
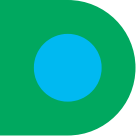


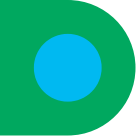
# BREATHING



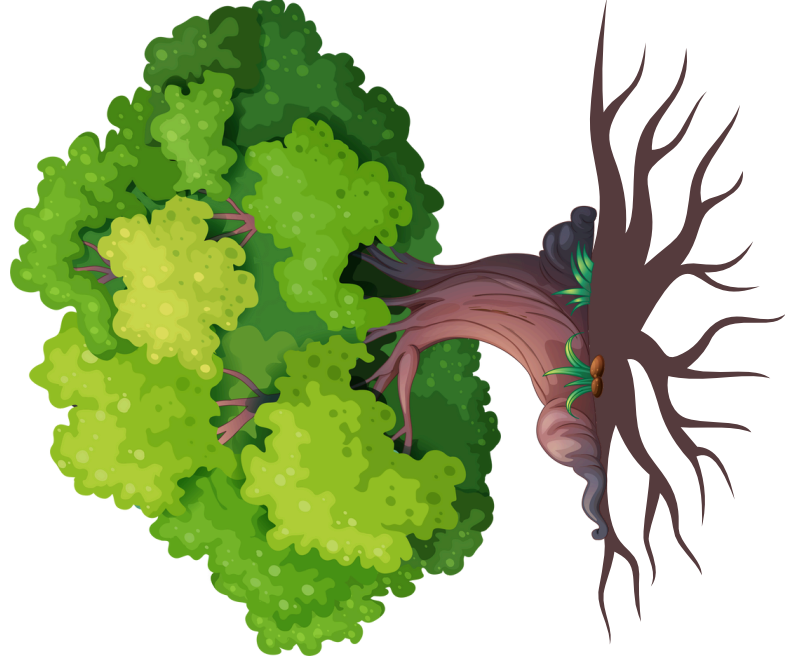


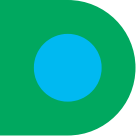
# BODY SCAN



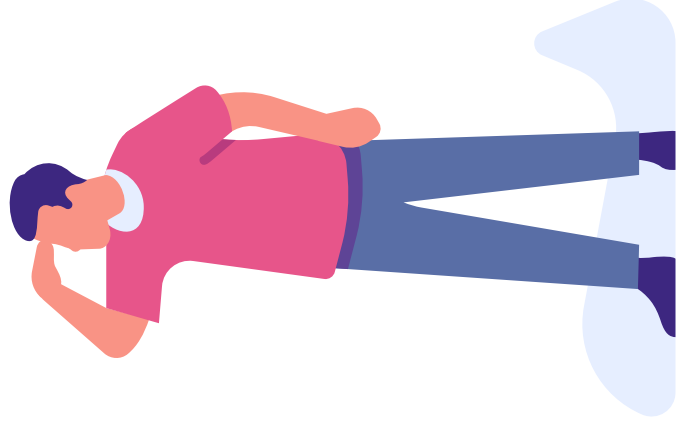


# GROUNDING

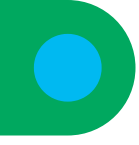
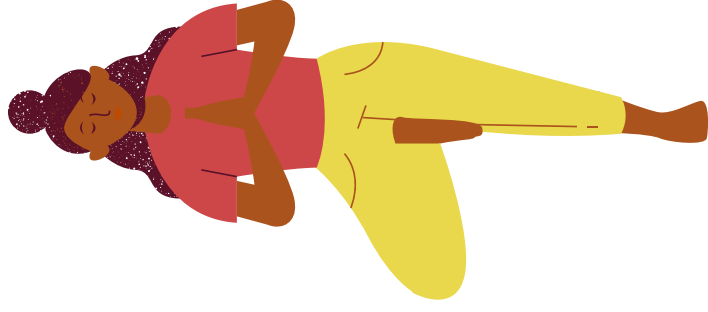


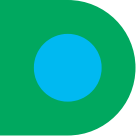


# ORIENT TO YOUR SURROUNDINGS



# LENGTHEN THE SPINE



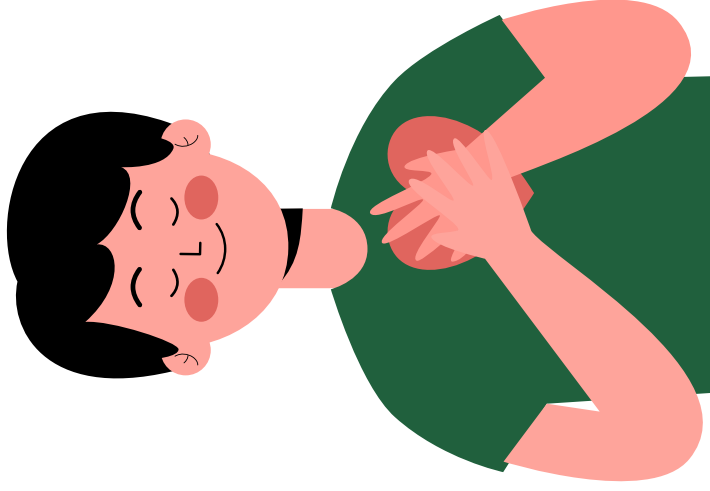


# MOVE





# SELF-TOUCH





**SMILE**



# DEFENSIVE ACTION

