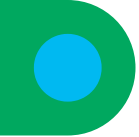
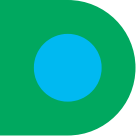


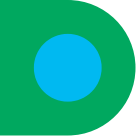
BREATHING



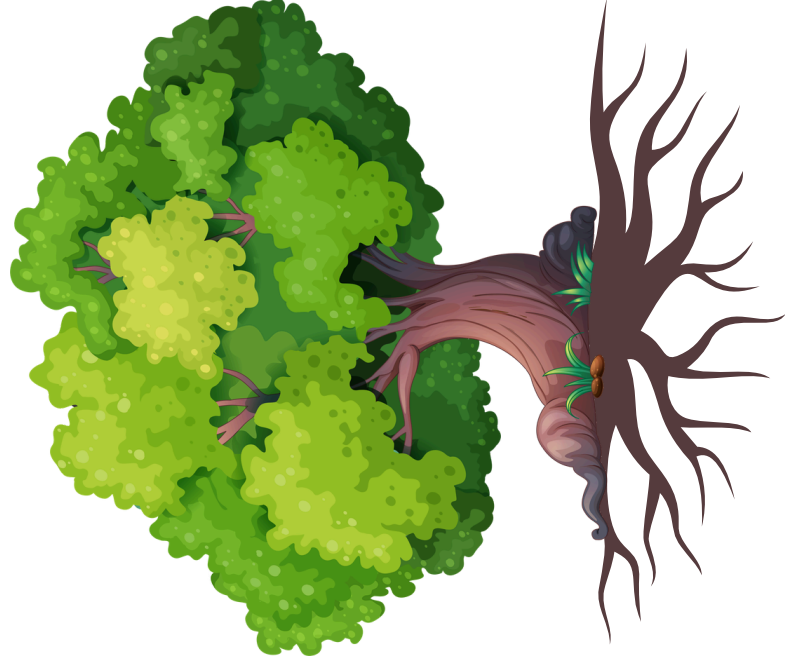


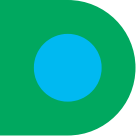
BODY SCAN





GROUNDING

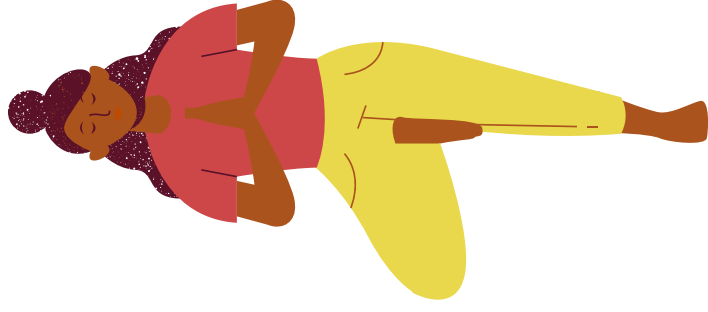


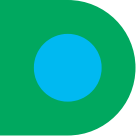


ORIENT TO YOUR SURROUNDINGS



LENGTHEN THE SPINE



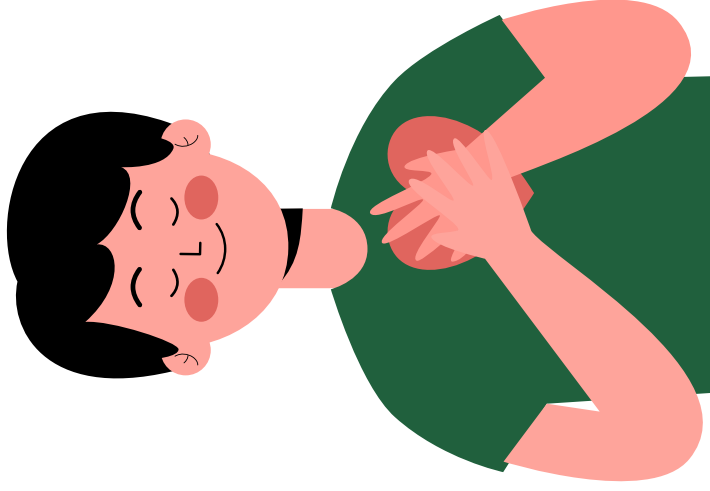


MOVE





SELF-TOUCH





SMILE



DEFENSIVE ACTION

