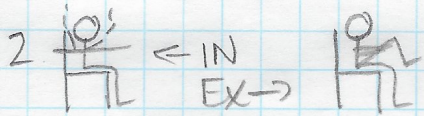
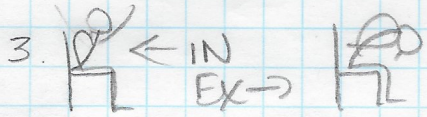


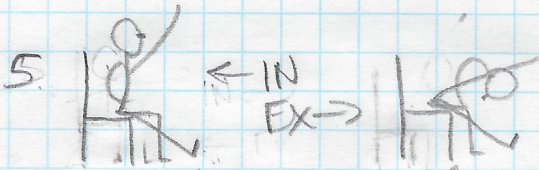
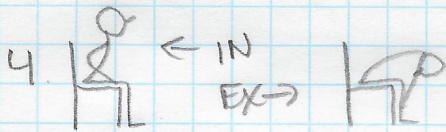
1. Awareness



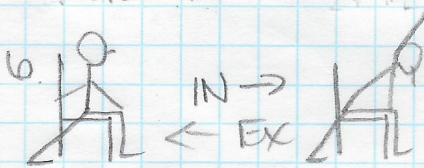
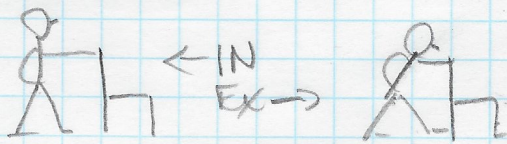
Alt knees
use abdomen to pull in



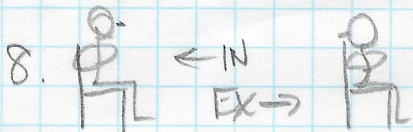
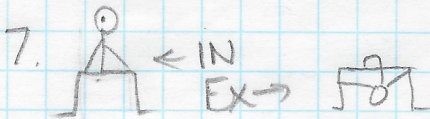
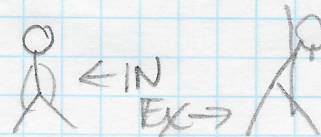
Alt arms



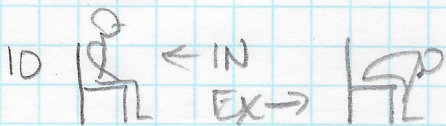
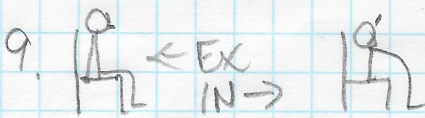
or



or



Alt sides



Breath Awareness

Self massage