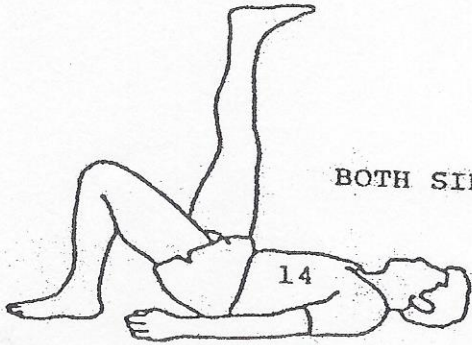
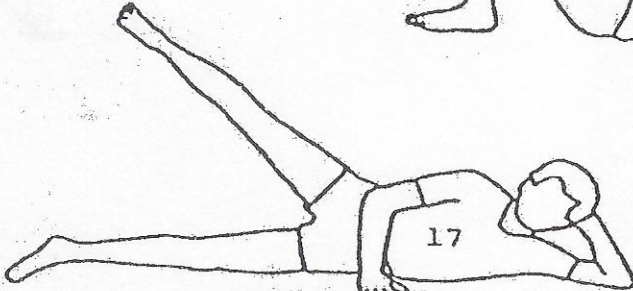
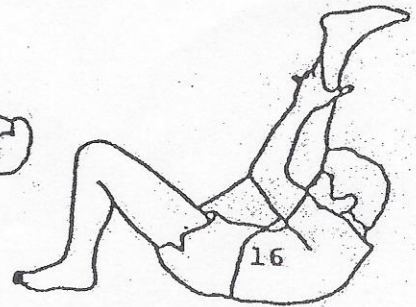
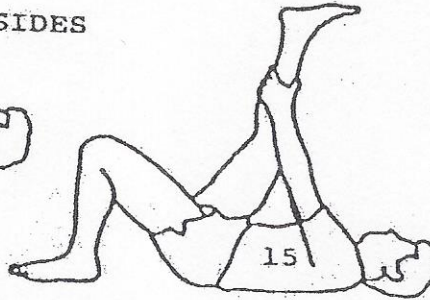


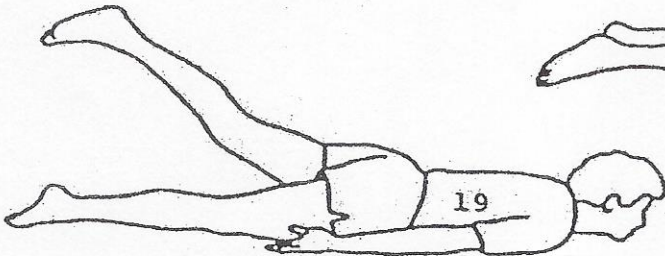
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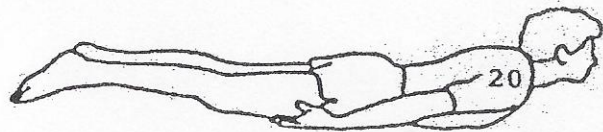
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BOTH SIDES

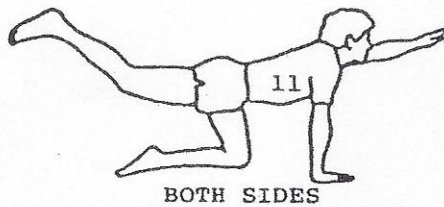
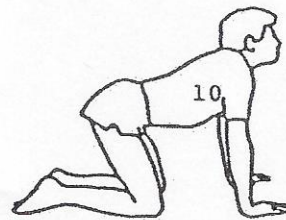
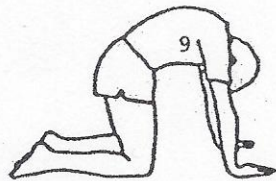
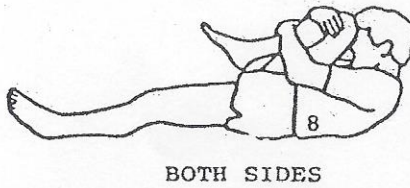
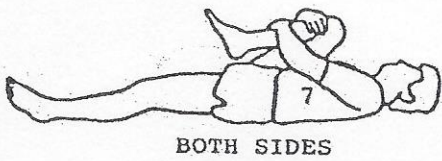
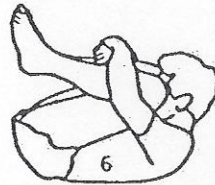
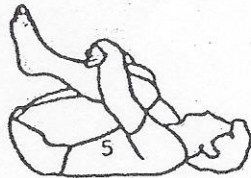
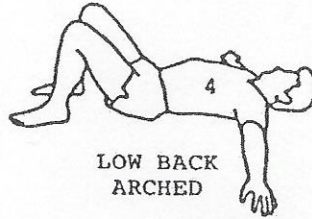
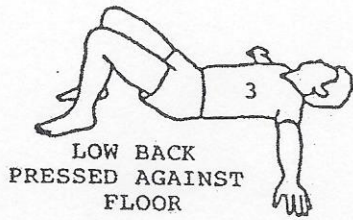
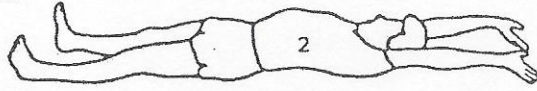
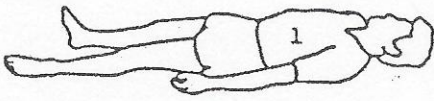


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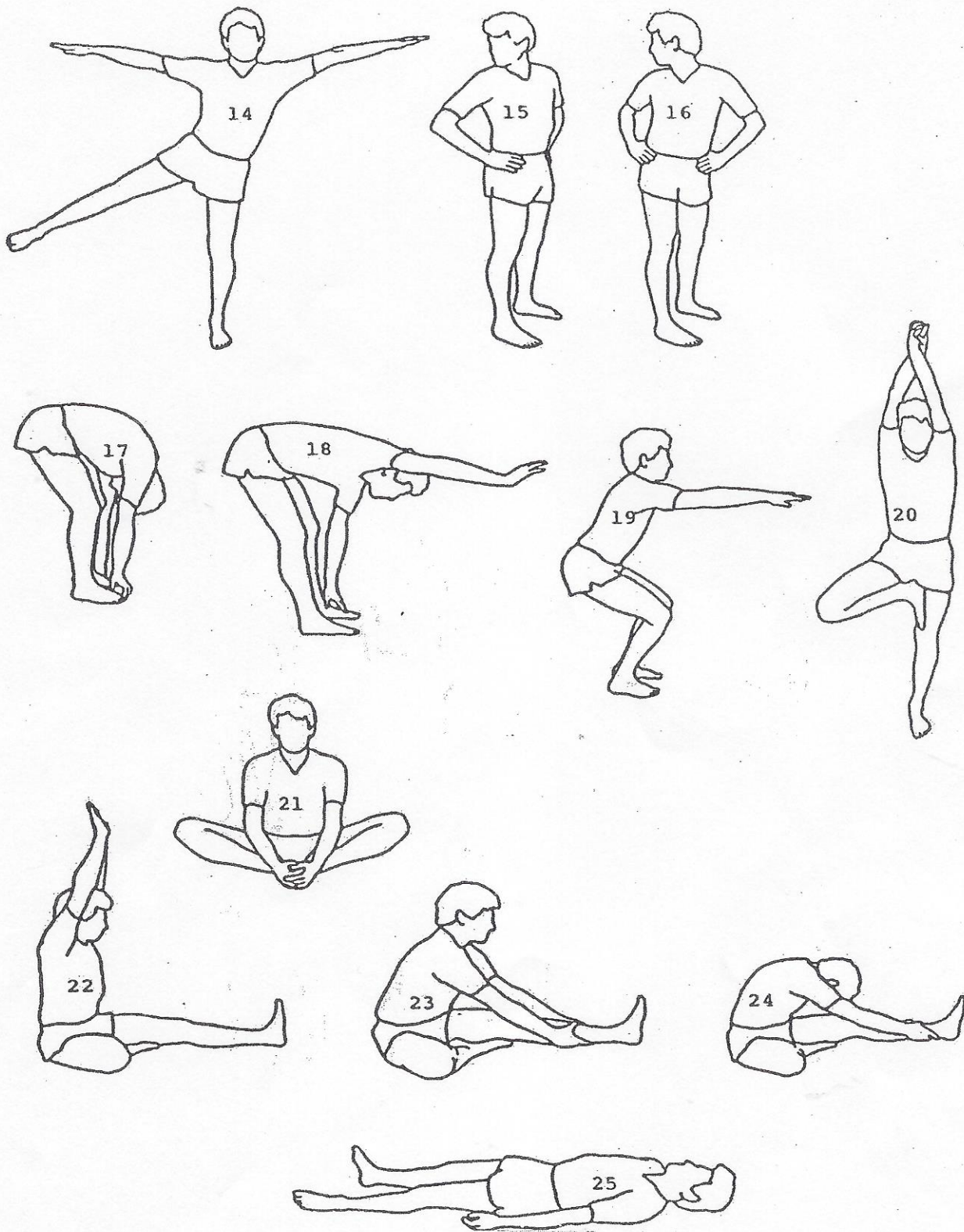


Adapted from *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D

SEQUENCE OF POSTURES
TAPE #1

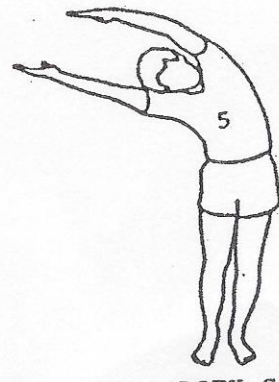
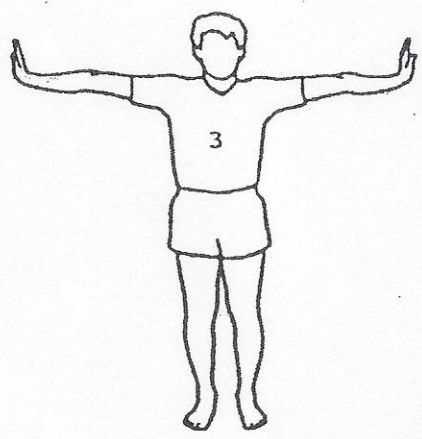
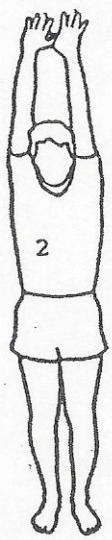
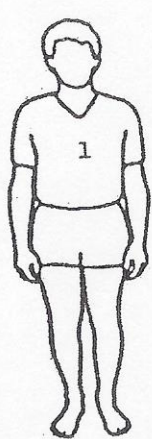


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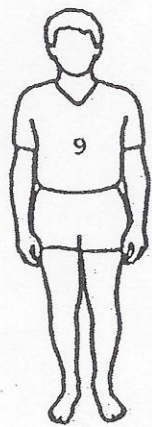
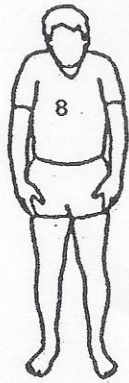
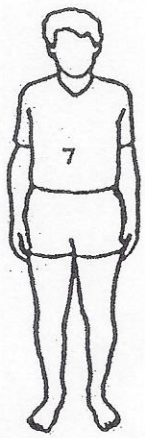
Adapted from *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D

SEQUENCE OF POSTURES
TAPE # 2

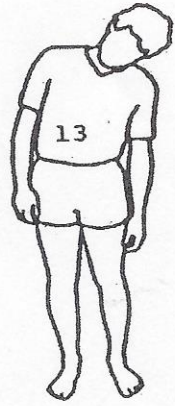
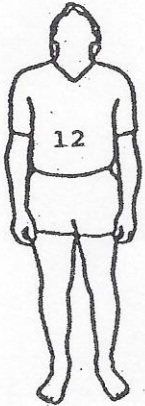


BOTH SIDES

BOTH SIDES



SHOULDER ROLLS



NECK ROLLS

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