

Supportive Progression Mindful Practice: *Safer Out*



[Forest Visualization](#)

Tense & Relax

[Tense & Relax](#)



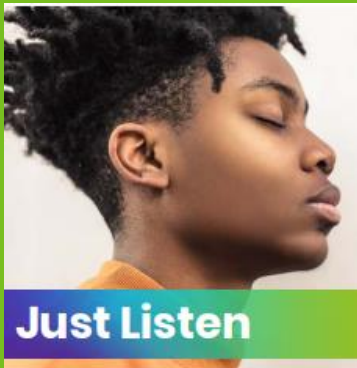
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