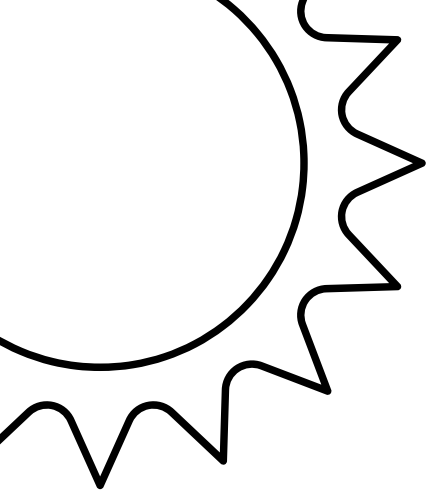
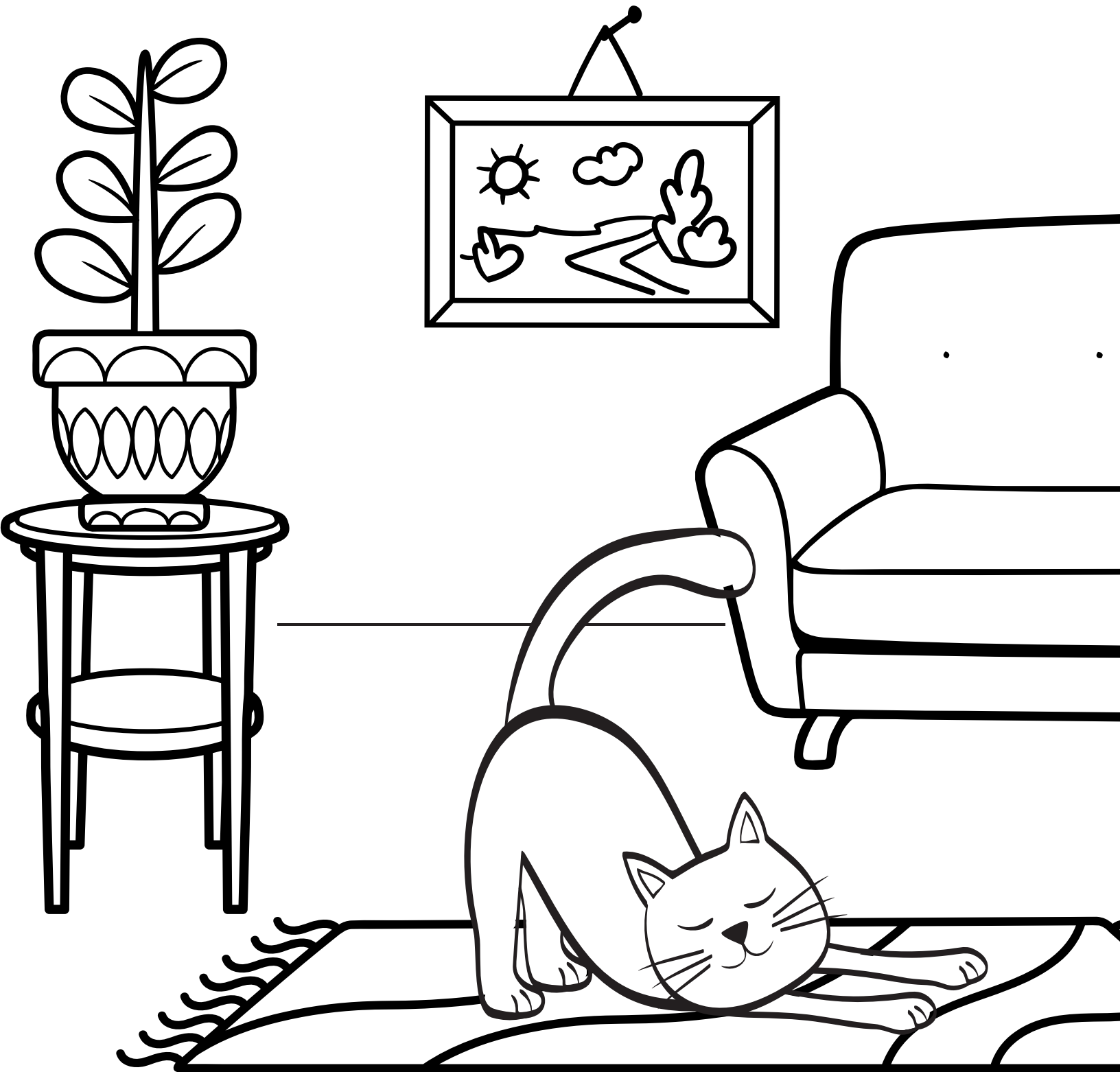


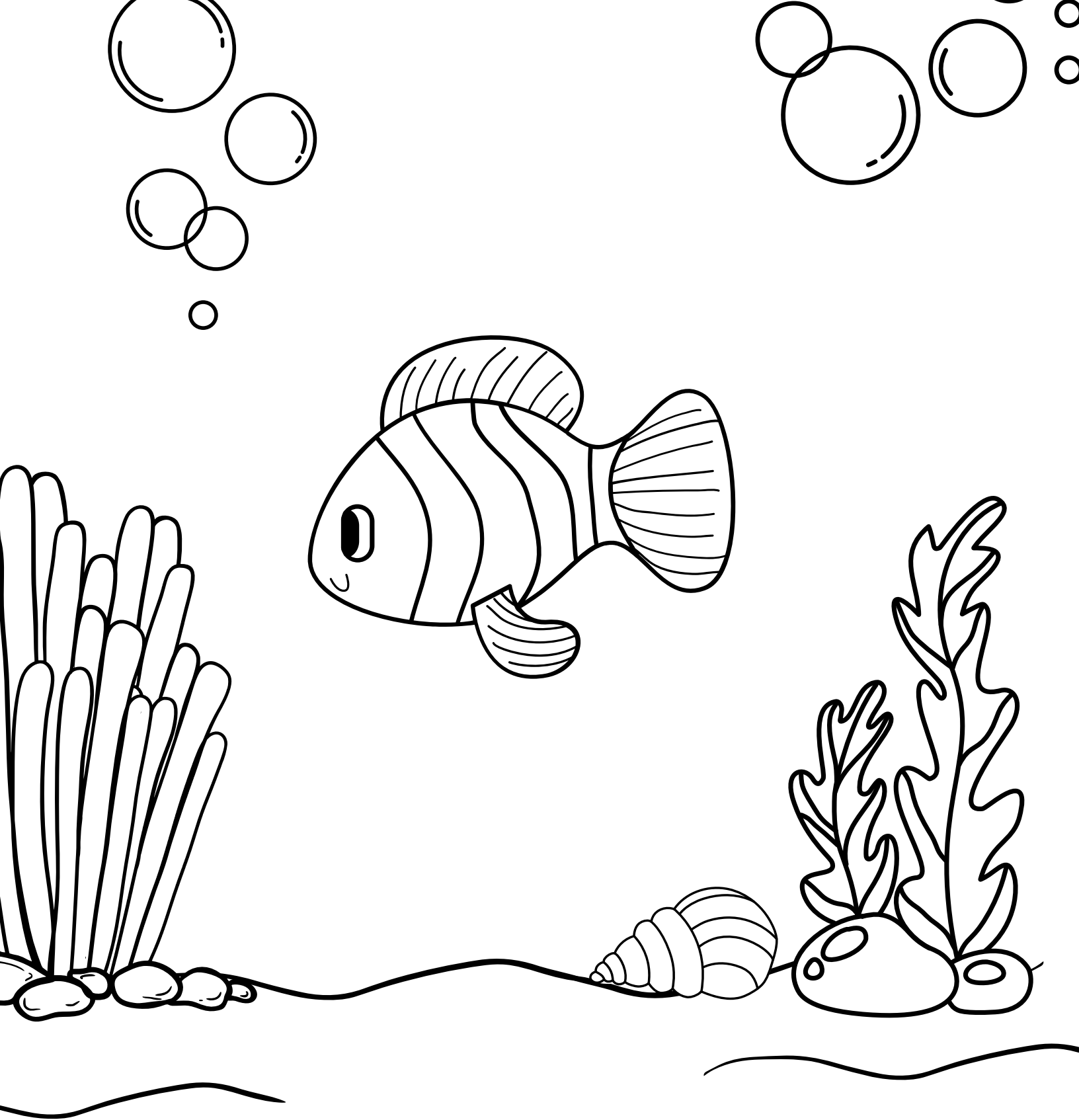
It's okay to take things slow.



I can roar... or I can rest.



I stretch, I breathe, I feel better.



I swim through all kinds of feelings.

Urge Surfing



Emotions rise, peak, and pass.