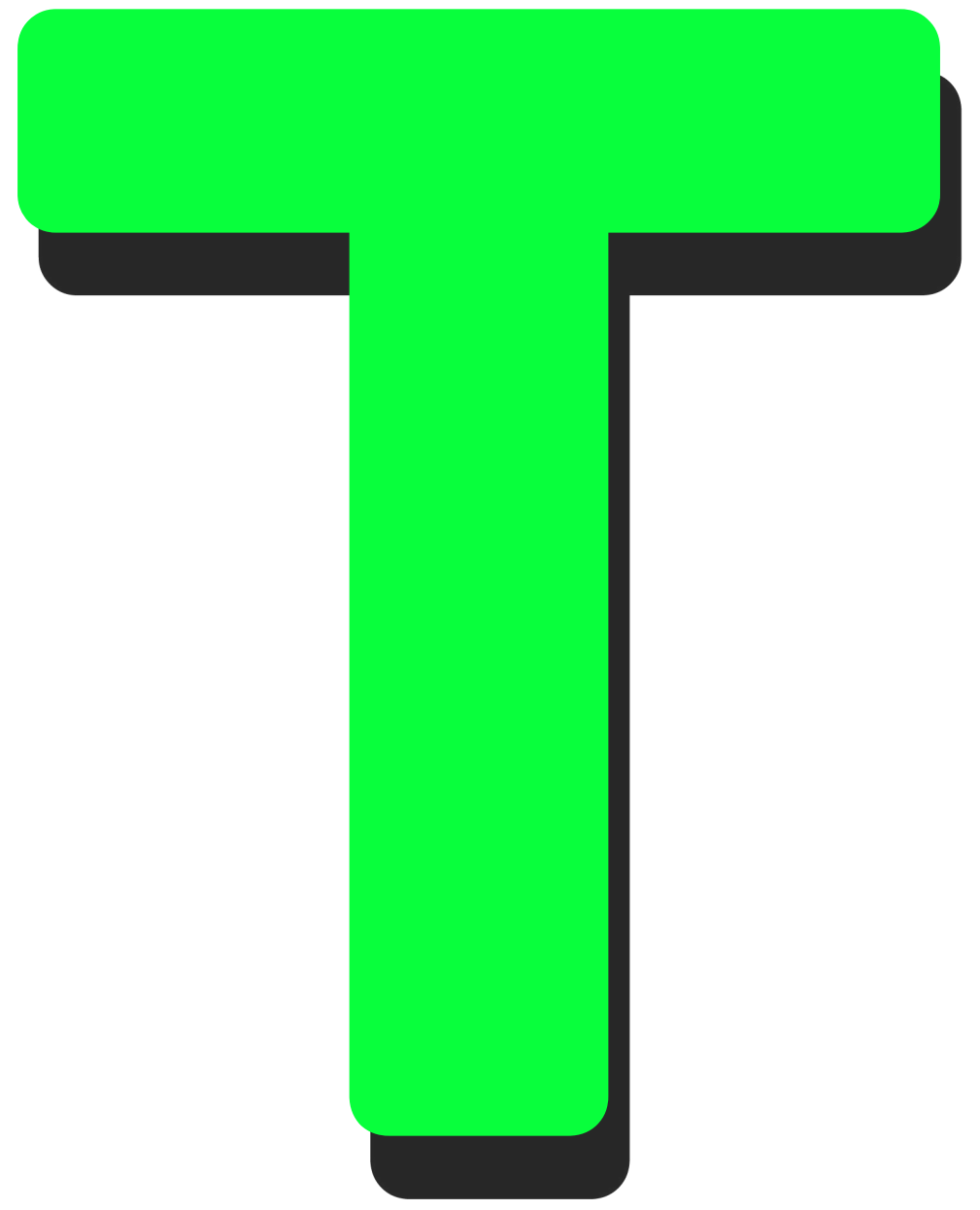
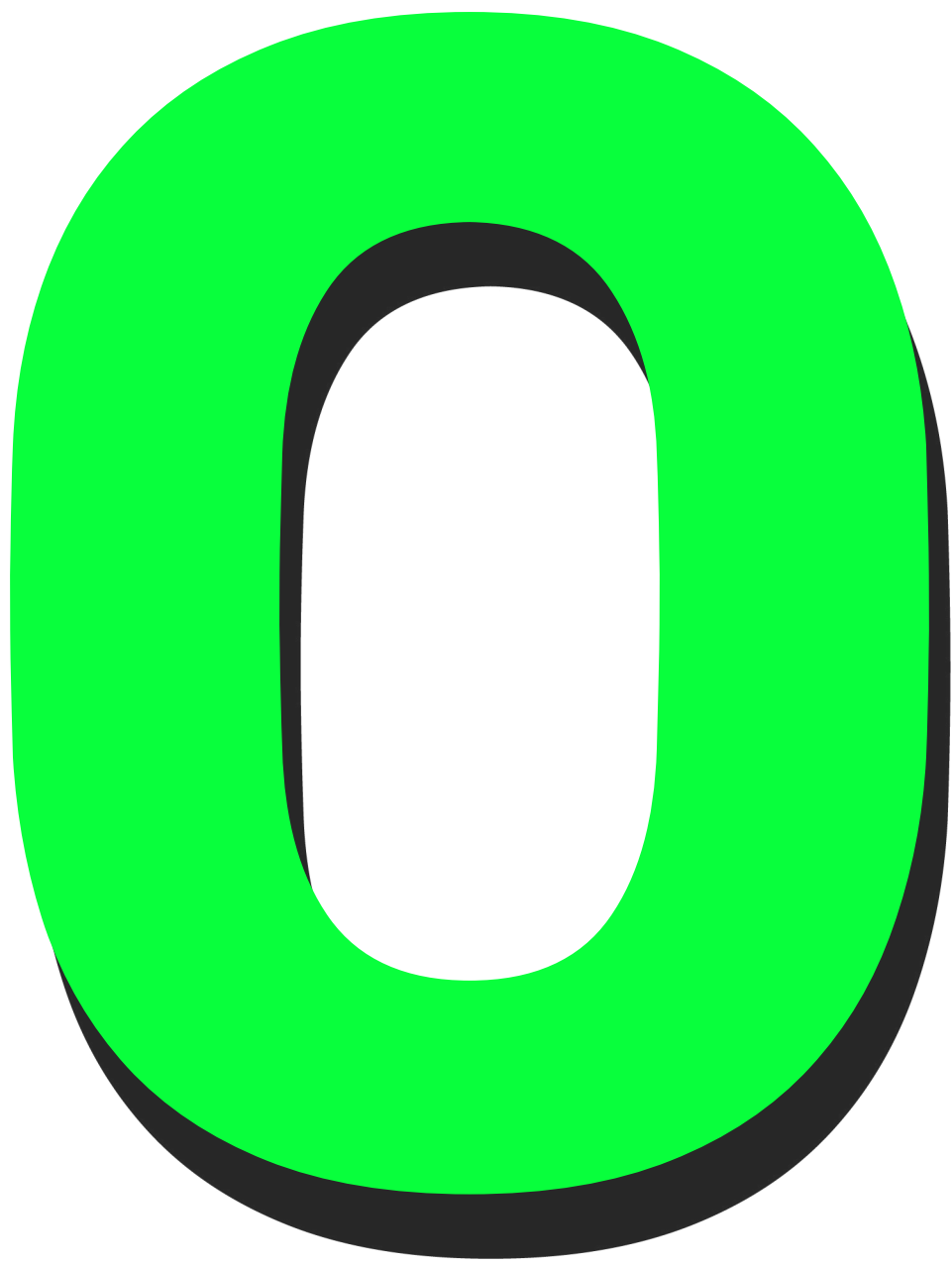




**S IS FOR SLOW DOWN**




**T IS FOR TAKE A BREATH**



**O IS FOR OBSERVE**

NOTICE THOUGHTS, FEELINGS AND SENSATIONS



**P IS FOR PROCEED**