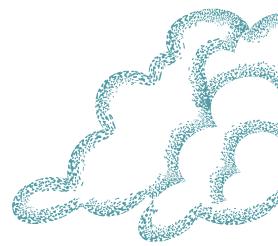
TAMER + Nature

reflective practice.

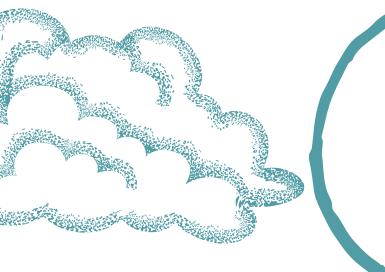


what am I THANKFUL for?



HOW have I ADAPTED?

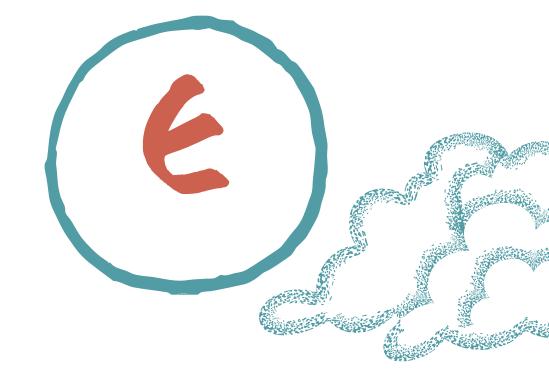






Did I Move my body?

Did I meet stress with evenness?





REACH out to?

Carolyn Denton, MA, LN
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