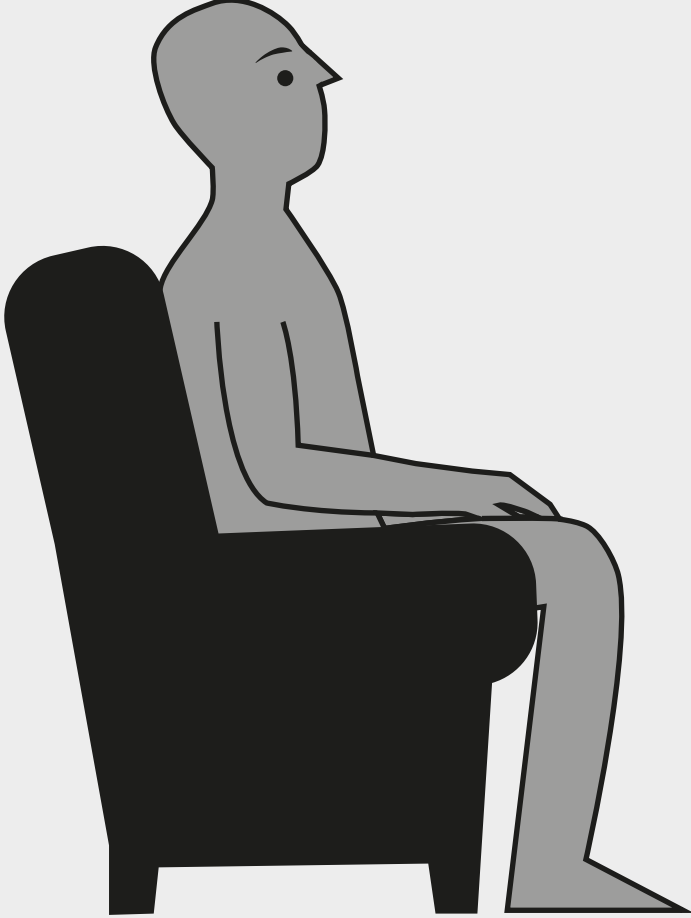



Progressive Muscle Relaxation

Written by Michael Safranek
Illustrated by Mark Bennett


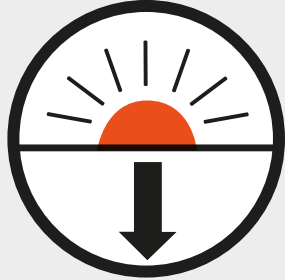
Preparation



twice a day



+



Activity

● = relax 15 seconds

● = tense 5 seconds
