

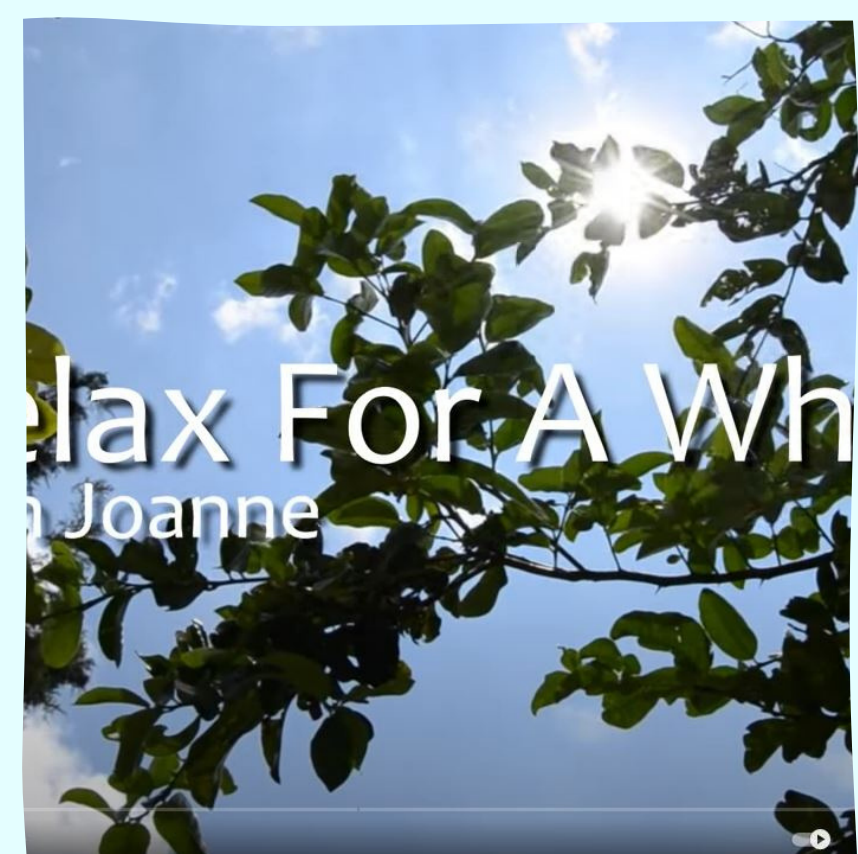
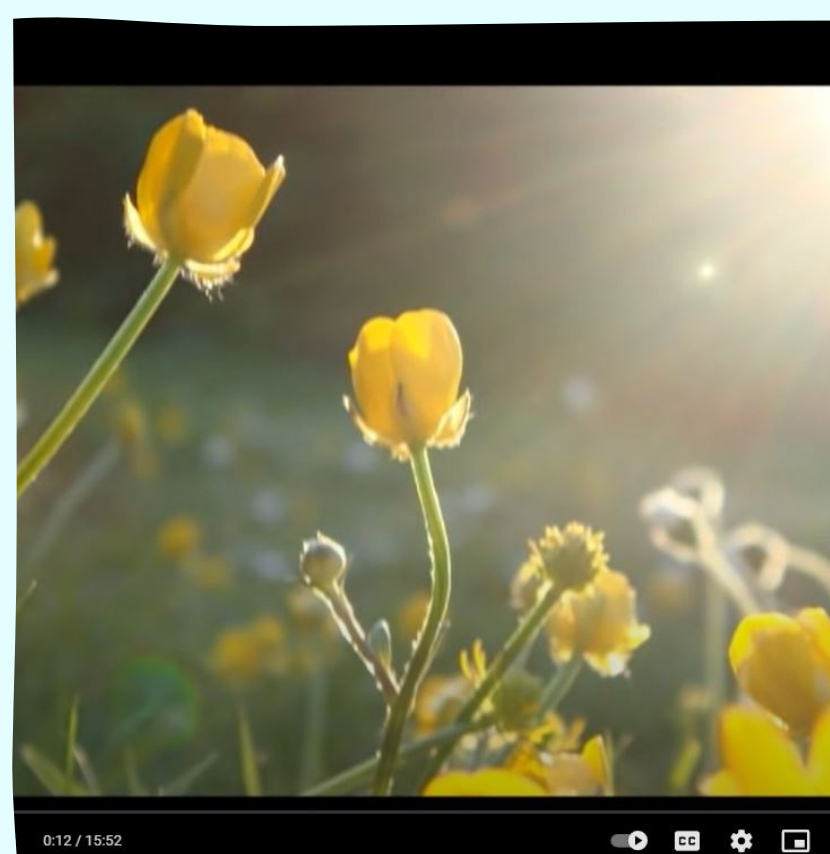
PROGRESSIVE MUSCLE RELAXATION

DAY TIME



20 minute guided PMR

NIGHT TIME



Three videos ranging from 15-30 minutes of guided PMR to help you sleep.