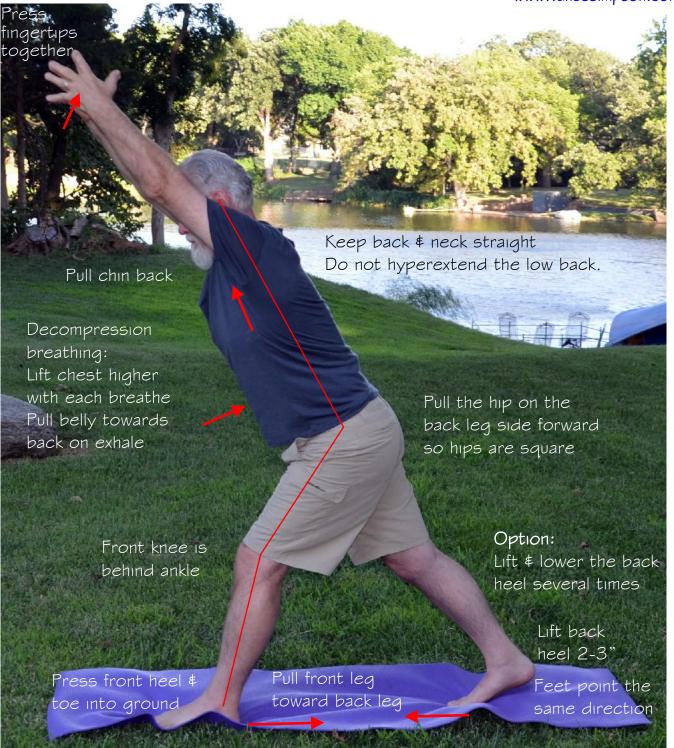
Foundation Training - WOODPECKER

hold 15-30 seconds taking slow deep decompression breaths

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Vance Simpson, SkyGift, Inc. Oklahoma City, OK vs@vancesimpson.com www.vancesimpson.com

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