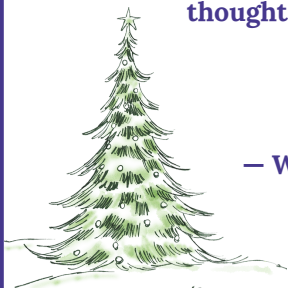




In the glow of the holiday season, may you treat yourself with the same kindness you offer to others, and may the christmas quiet remind you that healing is a journey, not a race. With one mindful breath and one compassionate thought, at a time.



— With Love, Maggie



space to breathe
THERAPY