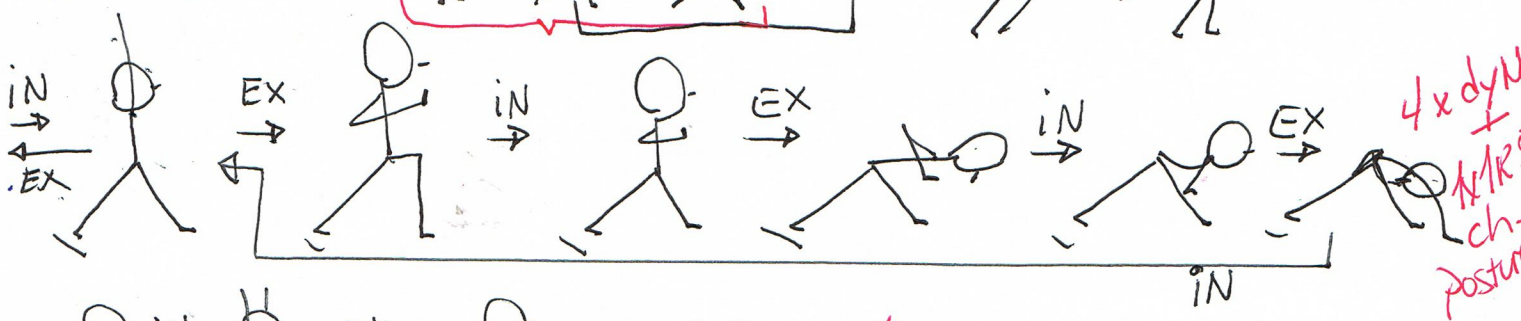
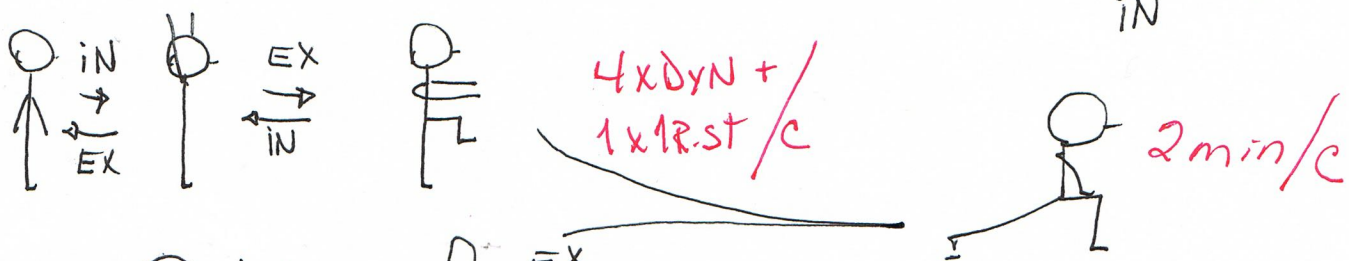
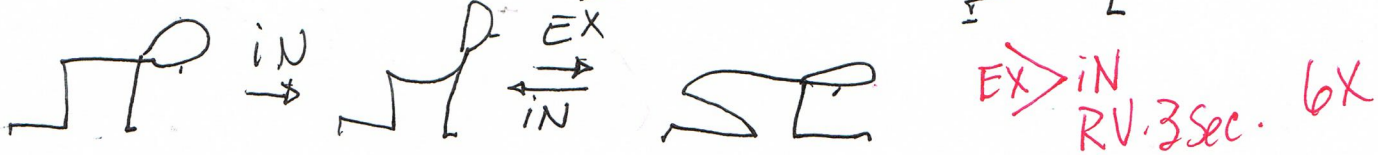
Mardi 10am

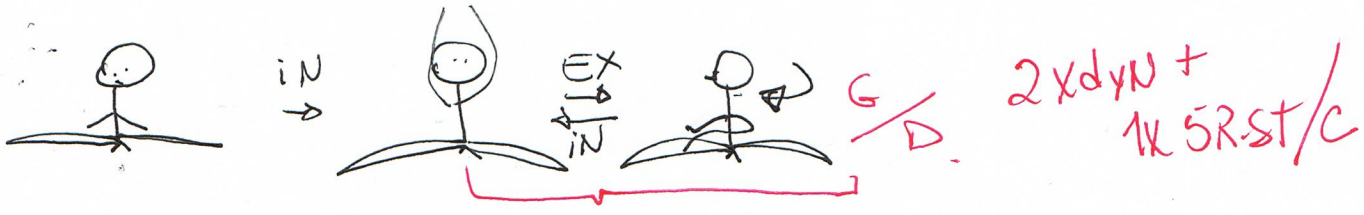
Pr. 2016 #1 conscience et contrôle du Souffle

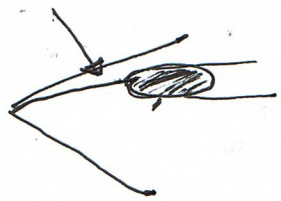
1.

2 

3. 

4. 

5. 

6. 
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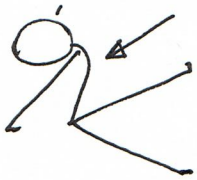
7. 
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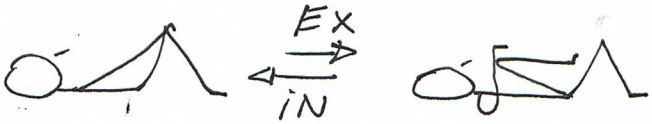
8. 

C.P. 3x2 jambes

9.

10.
TROUVER Mon Rythme respiratoire Confortable avec SONU jayi 4 2 6 2 x 12 resp.