

17 et 19h30

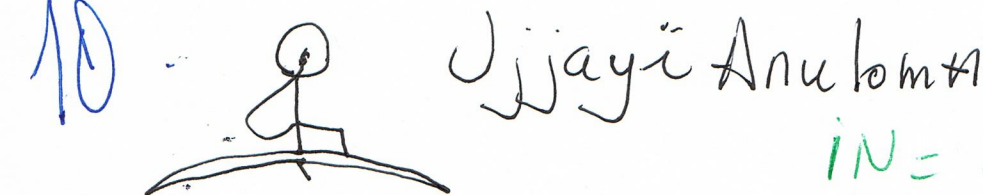
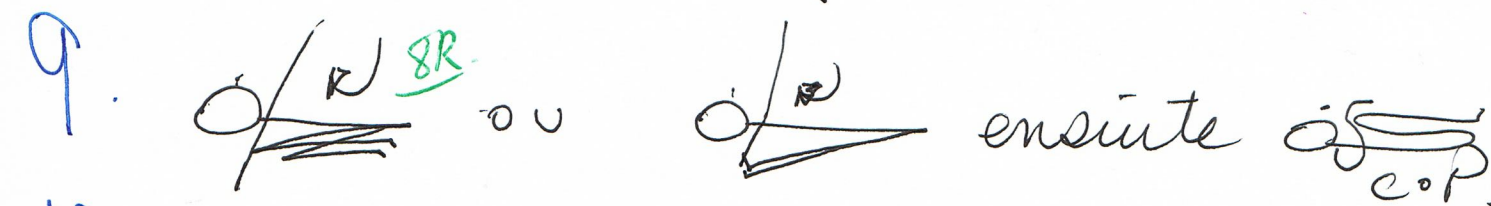
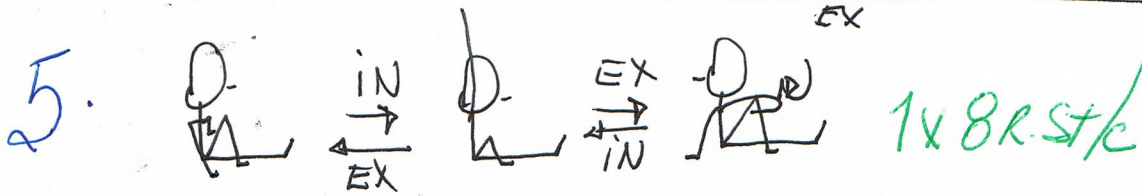
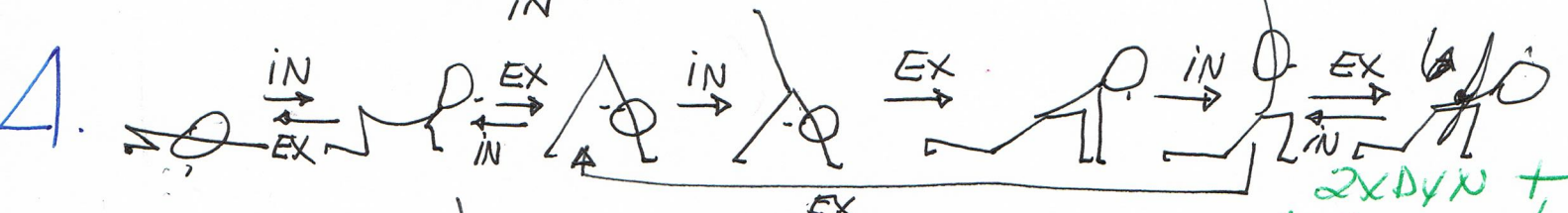
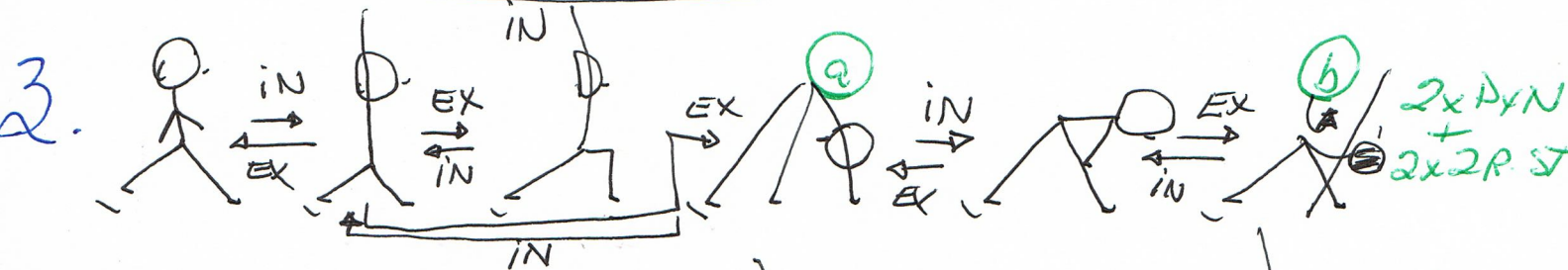
Mardi #1 H16

La Purification par les TORSIONS!

Dégagement des épaules



6x DYN. ↑ Expir



IN = 2 Narines
 EX = N. gauche + RV
 IN = 2 Narines
 EX = N. Droite + RV