

Suport de Concentration

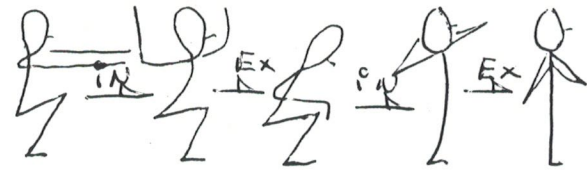
P.10

ys 139 yATHA

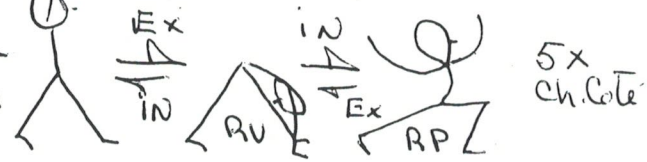
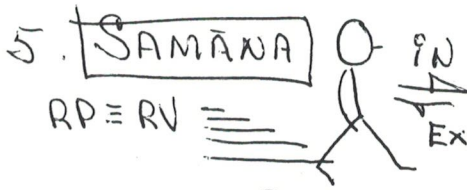
Ma A-18 ARHIMATHA



6x ... Puis réchauffement HIVERNAL TOUTES DIRECTIONS.



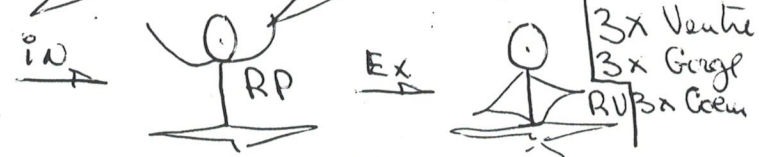
5x Libérer les Tensions



5x CP



4x/côté Préparon Assise



- 9. Observer 1 lieu au corps Ventre / thorax / Coeur
- 10. CP. 4. regards